

Ottawa Folk Festival
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**MODEL
BEHAVIOUR**
COCO ROCHA, 'QUEEN OF POSING',
ALSO RULES SOCIAL MEDIA PAGE 26



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Thursday, September 6, 2012

News
worth
sharing.

Truck collision kills cyclist

**Preliminary
assessment.**
Police say man on
bike appears to
have been trying to
cross Innes Road

**ALEX
BOUTILIER**
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A 59-year-old cyclist is dead
after he collided with a truck
on Innes Road near St. Lau-
rent Boulevard Wednesday
morning.
Paramedics were called

to Innes Road, near Bantree
Road, just after 9:30 a.m.
Wednesday after receiving
reports of a collision be-
tween a cyclist and a vehicle.
The man had no vital signs
when paramedics arrived on
scene, and resuscitation ef-
forts were unsuccessful.
Ottawa police are inves-

tigating the incident, and
could not say if charges
would be laid as of press
time. The victim's name has
not been released.
Const. Marc Soucy said it
appears the cyclist was at-
tempting to cross Innes Road
when the truck, travelling
westbound, struck him.

A witness at the scene
said he saw the cyclist veer
into oncoming traffic after
passing a stopped car.
"The bicycle went on
the right-hand side, passed
the car, because the car was
waiting, because there was
traffic," said Yves Paquette, a
plumber who was on his way

to pick up materials for a job.
Paquette said the pickup
truck driver hit the brakes
but couldn't stop in time.
"The guy got hit, hit the
truck, and I saw his head
almost through the wind-
shield. It's going to be hard
to figure out how to sleep
tonight."



Police examine a mangled bicycle that carried a cyclist into a deadly collision with a pickup truck Wednesday. MIKE CARROCCETTO/FOR METRO

Sinkhole repair stalled

City staff struggle to find a
3.6-metre-diameter pipe to
repair storm sewer that was
slated for refit PAGE 4

A musician at heart

Actress Jill Hennessy may
be best known for her TV
roles, but long before she hit
the screen, Hennessy made
a living using her voice and
playing guitar PAGE 37



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Family sheds more tears ahead of sentencing

Bus-stop crash.
Defence contends driver unlikely to reoffend; no alcohol or racing involved



JOE LOFARO
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Holding back tears wasn't easy for family members of Leo Paul and Sherriane Regnier Wednesday as they read emotion-filled victim-impact statements at a sentencing hearing for Simon Banke.

The then-20-year-old man was driving his souped-up Nissan 300ZX on Sept. 16, 2010, before it jumped a curb and struck a married couple that was waiting for a bus at the intersection of Bank and Albert streets.

Banke pleaded guilty to two counts of dangerous operation of a motor vehicle causing death.

The couple were survived by three children, one of whom prepared a victim-impact statement explaining

how the death of her parents changed her life.

"Before they died, I had truly considered my life perfect," said Crown prosecutor Lisa Miles, who read a statement on behalf of one of the couples' daughters, Jessica.

The statement went on to say that Jessica, 15, and her sisters faced a "horrible dilemma."

"My sisters and I could not bear to live in the house we shared with parents, so where were we going to live?" Miles said.

Several members of the Regnier family, including Sherriane's mother, Helen Depatie, took to the podium to share memories of the victims, who were described as high school sweethearts.

Banke's lawyer, Joseph Addelman, argued in his closing submissions that his client is a "unique criminal offender" because he is highly unlikely to reoffend and there are several aggravating factors that are not at play.

Banke was not racing his car; was not speeding for longer than 80 metres, and he was not under the influence of al-



Simon Banke, left, leaves the Ottawa courthouse on Wednesday with his family members after listening to closing submissions. Banke has pleaded guilty to dangerous operation of a motor vehicle causing death. JOE LOFARO/METRO

cohol or drugs on the night of the collision, said Addelman.

He said a jail term of between nine and 12 months is appropriate.

Crown prosecutor Lisa Miles argued Banke should serve a four-year penitentiary sentence and should receive

a 10-year driving prohibition.

"It's a privilege to drive, not a right," said Miles. "Mr. Banke made a choice and two people are dead."

"Now he has to pay for his choices."

Justice Ratushny will deliver her decision on Sept. 27.

Impact statement

Hurt still lingers: Sister

It has been almost two years since Suzanne Regnier lost her brother and sister-in-law to a fatal collision that late summer night, but she told the courtroom on Wednesday that the "anger, hurt and confusion has still not dissipated."



Suzanne Regnier
METRO

Baker was one of several family members who read aloud victim-impact statements during a sentencing hearing for Simon Banke.

Baker said Leo Paul was a good father and a great brother and she will miss being able to laugh with him.

She said she still has nightmares after the loss of her brother, who was "selfishly taken away" from her. METRO

PQ cancels tuition hikes, students still restless



Quebec premier elect Pauline Marois. PAUL CHIASSON/THE CANADIAN PRESS

Just a day after winning Quebec's provincial election, Parti Québécois leader Pauline Marois drew a mixed reaction when she announced she will scrap former Premier Jean Charest's proposed tuition hike.

At a press conference in Montreal on Wednesday, Marois also announced that she would repeal Bill 78, the legislation that restricts protests.

"Had there not been a movement against the tuition hike, (the PQ) would not have

put these issues at the heart of their campaign, this is a victory for the student movement," said Jérémie Bédard-Wien, spokesperson for the L'Association pour une Solidarité Étudiante (ASSE).

The ASSE is a Québec student movement that represents over 40,000 college and university students in the province. After the tuition hike was announced in March 2011, peaceful and violent rallies commenced.

"It is clear the PQ fears a return to strike and so have

agreed to the conditions and the demands of the students," Bédard-Wien added.

Students in Gatineau won't complain about Marois revoking the hike, but other issues have surfaced.

"I truly believe in free post-secondary education. Higher learning should be accessible to everyone, and one's financial situation should not be an obstacle," Émilie Séguin, a second-year student at the University du Québec en Outaouais (UQO) said.

"It's just that Quebec cur-

rently does not have the financial resources to continue subsidizing education to such an extent. It's clear to me that we simply don't have a choice but to pay for the hike in the hopes that Quebec learns to manage their resources better so that future generations can have access to free, quality education," Séguin added.

Séguin also said that she was relieved that Charest was not re-elected but is fearful that Marois sovereignist agenda will be costly to Quebecers.

JESSICA BEDDAOUI/FOR METRO

Mobile news



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Dump trucks and excavators occupy the closed eastbound section of Highway 174 on Wednesday as workers attempt to retrieve a car that was swallowed by a sinkhole on Tuesday evening following the collapse of a sewer pipe. Repairs are expected to take days. JESSICA BEDDAOUI/FOR METRO

GOT THAT SINKING FEELING?

Hwy. 174. Days of traffic jams lie ahead after road opens up and swallows car



ALEX BOUTILIER
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The difficulty of finding a new 3.6-metre-diameter sewer pipe is stalling repair work on a sinkhole that

swallowed a car on Highway 174 near the Jeanne d'Arc off-ramp Tuesday.

As of 5 p.m. last night, Ottawa city staff had not yet located a replacement pipe for the storm sewer, which was slated for an imminent \$1.5-million refit when Juan Pedro Unger's car plummeted into the ground on Tuesday evening.

The pipe is the "critical piece" required to begin the repair work, the city's asset manager said Wednesday morning.

"It's not something that's available here in the city, so we're working with different suppliers to be able to get the material," Alain Gonthier told reporters outside a transportation committee meeting.

"By midday (Tuesday) we're hoping to get a confirmation of the availability of the material, and at that point we're going to be able to finalize the repair schedule."

In an e-mail Wednesday

evening, city hall spokesman Michael Fitzpatrick said the city had not yet found a replacement and that sewer pipes of that size are not "readily available."

"Once the pipe is located and delivered to the site, the work to install the pipe and reinstate the roadway will take several days to complete," Fitzpatrick wrote.

Gonthier was at pains to reassure councillors on the transportation committee that most of the city's infra-

structure is in good repair.

The pipe in question was over 50 years old, and flagged for "renewal" earlier this year.

Contractors were actually preparing the site for work earlier in the day, but Gonthier said there is no indication their efforts had anything to do with the collapse.

Gonthier also said the city inspected the newer pipes on the westbound side of the highway — installed

Plan your commute

- The city is asking eastbound commuters to plan out their trips in order to avoid long delays. A number of tools — including detour maps — are available on ottawa.ca.

in 1975 — and determined that they were safe.



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Sinkhole victim calls on city to fix aging roads

Infrastructure. Man who had his car swallowed by Highway 174 calls accident a 'wake-up call'



GRAHAM LANKTREE
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A day after he lost his car to a sinkhole that suddenly opened up on Highway 174 during his commute home, Juan Pedro Unger called on the city to fix the aging infrastructure.

"They should act fast and get cracking," said Unger from his home in Orleans. "It's urgent, I think, to take stock of what is aging and act."

It came to light Wednesday that construction crews were preparing the site of the sinkhole for repairs just a day

before the ground opened up and swallowed Unger's silver four-door 2009 Hyundai Accent.

"It's a scandal if it's true that they knew about that road before," Unger said. "It's a wake-up call for the city. This could have been much worse. Imagine if it was a motorcycle that fell in. That driver would be dead."

After a restless night, Unger said he's still a bit shaken up. "I'm going to the doctor for a look-over," he said. "My body aches all over."

Quoted

"It's a scandal if it's true that they knew about that road before."

Juan Pedro Unger upon hearing construction crews were at the site of the sinkhole prior to his accident



Workers stand in the excavated sinkhole Wednesday where Juan Pedro Unger's car crashed a day earlier. The car sank deeper into the hole and proved a challenge for crews to retrieve. JESSICA BEDDAQUI/METRO

Canadians speak up. Let Iraq war resisters stay, prime minister told

A group of Canadians stepped up Wednesday to stop the deportation of Iraq war resister Kimberly Rivera, her husband and four children.

"The prime minister has admitted the Iraq war was an error," said Dylan Penner of the Ottawa Peace Assembly, protesting outside Stephen Harper's office at the corner of Elgin and Wellington.

"These people agreed with that and that's why they're here in Canada."

"We feel like letting the war resisters stay would be consistent with that decision," he added, noting he fears for

other war resisters still in Canada who may be next in line for deportation.

The family came to Canada in 2007 after Rivera returned on leave from a tour in Iraq. She applied for refugee status when she first arrived, but was denied by the Immigration and Refugee Board. Now her time is up after two pre-removal risk assessments were denied after she was asked to present new evidence to support her claim.

If sent back to the U.S., Rivera could end up spending a year to 15 months in a military jail after being court-martialled.

GRAHAM LANKTREE/METRO

Heritage sites

City to review new cultural-impact guidelines

Ottawa's built heritage advisory committee is set to review standardized criteria for studies into the cultural impact of developments Thursday night.

Both the municipality and province require consultants to prepare cultural-heritage impact statements when a proposed develop-

ment has the potential to affect heritage resources — such as the Rideau Canal or national historic sites.

There is currently no standard format for these reviews, according to a report coming before the committee tonight.

The report notes members of the community have raised concerns about the impact statements, specifically that statements commissioned by the developers tend to favour the development.

ALEX BOUTILIER/METRO

Workplace danger

Metal fabricator fined after fatality

Hubert Sabourin Inc., a metal fabricator in Alexandria, Ont., was fined \$100,000 for a violation of the Occupational Health and Safety Act after a worker was killed. On March 2, 2011, a worker was crushed between two metal containers while another worker was using a forklift.

Hubert Sabourin Inc. was found guilty of failing to provide information, instruction

and supervision to a worker on the dangers of working in the yard, where there is vehicular traffic. METRO

Road safety

Cops ticket five during RIDE program

Labour Day weekend saw the RCMP stop 575 vehicles in Gatineau Park as part of the force's Reduce Impaired Driving Everywhere (RIDE) program. Only five tickets were issued. METRO

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Engine problems

Plane makes emergency landing

A small airplane made an emergency landing in a cornfield east of Merivale Road, north of Fallowfield Road, Wednesday afternoon around 3:18 p.m. after encountering engine problems on a landing approach to the Ottawa International Airport. Paramedics said they assessed the pilot but the man was not injured in the incident. **METRO**

Safe and sound

Police locate man, 25, missing from hospital since Friday

With the help of the OPP, Gatineau police have found Martin Aumond-Carpentier, a 25-year-old man who went missing from the Pierre-Janet Hospital last Friday.

Gatineau police said Martin Aumond-Carpentier was found safe in the east end of Ottawa. **METRO**

Grave crime. Gatineau police looking into cemetery vandalism

Gatineau police are investigating a second incident of gravesite vandalism in five days.

On Wednesday morning, an employee at the Notre-Dame cemetery on Fournier Street in Gatineau discovered several gravestones had been overturned.

Police said 23 stones were toppled over and at least eight of them were damaged.

The Notre Dame cemetery is just minutes away from the Francois De Sales Cemetery on St. Louis Street, where 86 gravesites were vandalized over the weekend.

Police were called to the Francois De Sales Cemetery on Saturday when a neighbor said he saw suspicious lights in the area after hours.

The total estimate of damages has not been de-

Night prowls

- **Holding flashlights.** In the earlier incident, Gatineau police said they had a report of three people moving around in the cemetery with flashlights around midnight last Sunday.

termined, but police are looking into possible links between both incidents.

Anyone with information is asked to contact Sgt. Alexandre Thomassin at 819-243-2345 ext. 1359.

The earlier rampage by vandals — which ended when a cemetery employee chased the hooligans off with a baseball bat — cost an estimated \$50,000 in damages.

JESSICA BEDDAOUI/METRO

Folk fest to thrill music makers

An array of sound. Yodelling, beatboxing workshops to get audience making music at festival



GRAHAM LANKTREE
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Have you ever wanted to learn how to yodel, breakdance, beatbox, play the oud, mandolin or bouzouki?

The musically inclined and curious will be spoiled at Ottawa Folk Festival workshops this year as organizers continue to shake up the audience and get them to join the fun of music making.

"Folk music isn't just people playing banjos," said Meredith Luce, co-ordinator of this year's workshop series. "Folk music is what grows out of community experience and the resources available. You have yourself to make it happen."

Yodelling fits the bill perfectly, said Luce who has always been curious how to yodel. To take part in the yodelling workshop, all people need is confidence, deep breaths and a little patience while taking cues from instructor Ann Downey.

Anyone can join in on the festival's breakdancing and beatboxing workshops too. With a little rhythm and hunger to get in touch with their inner urban wild child,



Ottawa Folk Festival executive director Mark Monahan poses with his technicolour dream van as workers prepared for opening night, Thursday. **GRAHAM LANKTREE/METRO**

she said.

With more than 25,000 people expected to cap off their summer at the festival, you might want to get to the workshops early. Festival supervisor Mark Monahan said ticket sales are running well ahead of last year, adding the decision to push the festival back this year from August into September is already paying off.

"August is a difficult month," Monahan said. "But in September university students are back. All three institutions are offering subsidized tickets."

Visitors are encouraged to bring their own instruments

Festival schedule

- **Saturday Sept. 8.** Check out the breakdancing workshop in the dance tent at 1 p.m., beatboxing basics at 2 p.m. on the Legacy Stage and interview with slam poet Saul Williams on the power of words at 3 p.m. on the Slackwater Stage.
- **Sunday Sept. 9.** Learn the wonders of Arabic music and sound of the oud at 2 p.m., take up yodelling at 4 p.m. and discover why the mandolin is so much like a bouzouki at 5 p.m. — all on the Legacy Stage.

to jam out with friends. Those looking to discover new sounds will want to hang around the Legacy Stage as instructor Gordon Grdina will show off the oud — a lute-type instrument — and ex-

plain the intricacies of Arabic music.

"I'm always trying to keep things fresh," Luce said. "I tried to mix things up this year, but it's all about that element of community."

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Fireworks lie in the foreground as policemen arrive at the scene on Wednesday after a blaze swept through the Om Siva Shakti fireworks factory in Sivakasi, about 500 kilometres southwest of Chennai, India.

THE ASSOCIATED PRESS

Massive blaze at Indian fireworks factory kills dozens of workers

Workplace hazard. Building's licence suspended the day before because of major safety violations

A massive blaze raged for hours on Wednesday at a fireworks factory in southern India, killing at least 40 workers and injuring 60, police said.

Large amounts of firecrackers and raw materials had been stored in the Om Siva Shakti factory, with major Hindu festivals weeks away.

Police officer Najmul Huda said rescue workers and firefighters initially could not get into the building as the fire raged, triggering deafening

explosions of firecrackers.

Workers fled the area, but many were killed as they waited at a nearby warehouse, which also caught fire and exploded, Huda told reporters.

The Press Trust of India news agency said that about 300 people were working in the factory and 52 died.

Huda said authorities had suspended the factory's licence a day earlier after finding major safety violations. The management, however, operated the factory illegally on Wednesday, he said.

Photographs showed the factory had burned to rubble, and fireworks littered the ground.

The cause of the fire was not immediately known, police officer P. Karupaiyah said.

Sivakasi town in Tamil Nadu state is India's biggest hub for the manufacture of matches and firecrackers. The town is about 500 kilometres southwest of Chennai, the state capital.

The CNN-IBN television news channel said rescue workers had completed a search of the devastated building for trapped workers.

THE ASSOCIATED PRESS

Thailand

Drug bust nets 3.3M meth pills

Police have seized 3.3 million methamphetamine tablets at a house in Bangkok in Thailand's latest massive drug haul.

The Southeast Asian country is a leading market and transit point for methamphetamine, much of it produced in neighbouring Myanmar. Thai police have made at least four multimillion-tablet hauls so far this

year in their effort to curb the drug trade.

National police chief Gen. Prianpan Damapong said Wednesday that police arrested a 22-year-old man when they seized the pills at the house in Bangkok's western outskirts.

He alleged that Sophon Sawaengsuk belonged to a trafficking network from the northern province of Chiang Rai, although the suspect claimed to be only the caretaker of the house where the drugs were found. **THE ASSOCIATED PRESS**

Uganda

Kony rebels hunted down by military

The Ugandan military says it has killed a rebel fighter and captured another in its campaign against Joseph Kony's Lord's Resistance Army rebels in the Central African Republic.

Ugandan army spokesman Col. Felix Kulayigye said Wednesday that Ugandan forces killed the rebel while hunting down Dominic Ongwen, a rebel general

who answers directly to the elusive rebel leader Kony. Both men are wanted by the International Criminal Court.

Kulayigye said that Ugandan forces had instructions to "capture Dominic alive or dead."

The rebel commander escaped unhurt in the raid on his camp Tuesday, he said.

The LRA continues to wreak havoc in the Central African Republic and the Congo. Last year the U.S. sent 100 special forces to help regional armies eliminate the LRA. **THE ASSOCIATED PRESS**

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Canadian

Lake mystery. Police tight-lipped over torso found in suitcase

A rotting torso was found stuffed inside a suitcase floating in Lake Ontario off the shore of a Toronto park Wednesday.

But police wouldn't say if the discovery was connected to the slaying and dismemberment of Toronto woman Guang Hua Liu.

Police said two boaters spotted the suitcase about 2.5 kilometres from shore in Toronto's east-end.

The boaters towed the suitcase to shore and contacted authorities, who searched the waters but found nothing further. The coroner was brought in and conducted an initial investigation.

"The coroner has determined at this time the contents of that suitcase to be that of human remains, to be specific, that of a badly decomposed torso," said To-

Quoted

"Until we get the results of (the) post-mortem examination, Toronto police (are) treating this as a suspicious-death investigation."

Det. Les Dunkley

ronto police Det. Les Dunkley. An autopsy was ordered for Thursday.

Parts of 41-year-old Guang Hua Liu's body — but not her torso — were found in mid-August scattered west of Toronto and near her home in the city.

Liu's estranged boyfriend, Chun Qi Jiang, 40, was arrested Aug. 26 and charged with second-degree murder.

THE CANADIAN PRESS

Conflict case. Toronto's mayor Ford pleads case

Toronto Mayor Rob Ford repeatedly denied doing anything wrong as he faced an Ontario judge Wednesday over a conflict-of-interest allegation that could see him kicked out of office.

Ford is in trouble over donations he solicited using an official city letterhead for his private football foundation.

He admitted he had his staff help him stuff envelopes and address them to 11 potential donors but said he paid for the stamps and envelopes himself.

The city's integrity com-

missioner, Janet Leiper, had found Ford's actions violated the conduct code for councillors. Some of the \$3,150 received was from lobbyists and the commissioner recommended Ford pay back the funds.

He never made the repayments, despite several reminders from the commissioner.

Paul Magder, a Toronto resident, launched the lawsuit last March alleging Ford violated the Municipal Conflict of Interest Act.

THE CANADIAN PRESS

Was Marois intended target in gun attack?

Charges pending.

Sudden panic ended post-election euphoria as Quebec premier-elect was dragged off stage to safety

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were questioning the only suspect Wednesday.

He was being evaluated at a Montreal hospital, and a police spokesperson said he expects a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police don't rule out the possibility that premier-designate Pauline Marois was the shooter's target.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday. "Never, never will I accept that Quebec is associated with violence," she said. THE CANADIAN PRESS



Quebec premier-designate Pauline Marois reacts Wednesday as she comments on the post-election shooting in Montreal. "Never, never will I accept that Quebec is associated with violence," she declared.

PAUL CHIASSON/THE CANADIAN PRESS

Charest: 'We are blessed'

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announce-

ment in Quebec City Wednesday praising Canada.

"We are all blessed to have been born in this country," said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders," he said.

Charest's resignation will

take effect in a few days when the Parti Québécois officially takes power.

Charest lost his own seat in the provincial election.

He prided himself during his three mandates as premier as a sound economic manager, particularly during the 2008 economic crisis.

THE CANADIAN PRESS



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The artist as a young stripper?

Top New York court to rule. Nite Moves strip club claims its lap dances are a form of art

No one would confuse the Nite Moves strip club with the Bolshoi Ballet, but what the lap dancers do there is art and entitled to the same tax exemption other performances enjoy, a lawyer argued Wednesday in what was surely one of the racier tax cases ever to go before New York's highest court.

W. Andrew McCullough, an attorney for the suburban Albany strip joint, told the Court of Appeals that admission fees and lap dances at the club should be freed of state sales taxes under an exemption that applies to "dramatic or musical arts performances."

He said that lap dancing is an art form and that, in any case, the state is not qualified to make such determinations, and

The 10,000-hours theory?

"It's definitely a form of art. Some girls are up there practising for hours when nobody's in here."

A dancer at Nite Moves, where there was only one customer at the time. She declined to give her name.

that making such distinctions would be a violation of the constitutional right to freedom of expression.

A lawyer for the state rejected that analysis, and authorities are demanding about \$400,000 in back taxes from the club.

A ruling is expected next month, with possible consequences for the estimated 150 to 200 adult nightclubs in the state.

During Wednesday's arguments from the club's lawyer, a skeptical Judge Eugene Pigott Jr. said the women are hired untrained and simply "do what they do." **THE ASSOCIATED PRESS**

Waiting to digest. X-ray proves man ate diamond

A man visiting a gem exhibition in Sri Lanka's capital swallowed a 1.5-carat diamond in front of the owner and was taken by police to a hospital, where an X-ray showed the \$13,000 stone inside him.

Exhibitor Suresh Wijekoon said the man was behaving suspiciously at his stalls and when he reached closer to the suspect, the man suddenly swallowed the diamond at his hand before Suresh alerted police at the exhibition venue.

Chou Wan, a 32-year-old from China, is in custody pending further investigation, police spokesman Ajith Rohana said.

Gem exhibition

- Sri Lanka does not mine diamonds but is renowned for other highly treasured gems.
- Facets Sri Lanka 2012 is the island nation's annual largest gem and jewelry exhibition and it attracts a large number of local and foreign buyers.

An X-ray proved the diamond was inside Chou's body, said hospital director Dr. Anil Jasinghe at Colombo National, where the suspect was taken. **THE ASSOCIATED PRESS**

Serious injury

Czech zookeeper hurt by hippo

A zookeeper in the Czech Republic was rushed to hospital by helicopter after being seriously injured by a pygmy hippopotamus Wednesday. An official said the woman was being treated in an intensive-care unit. **THE ASSOCIATED PRESS**

'Die Hard' policeman


Traffic cop thinks he's Bruce Willis

A South Korean traffic cop who arrested a drug suspect after clinging to the windshield and roof of the car for 25 minutes has gotten a promotion and is being called the "Die Hard policeman" by local media. **THE ASSOCIATED PRESS**



Protester nabbed bear-handed


A police officer detains a Greenpeace activist dressed as a polar bear outside Gazprom's headquarters in Moscow on Wednesday. Russian and international environmentalists are protesting against Gazprom's plans to pioneer oil drilling in the Arctic. **MISHA JAPARIDZE/THE ASSOCIATED PRESS**




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Right now, the racks are filled with fall merchandise and their latest arrivals offer peace of mind with their seasonal versatility. With the weather yo-yoing up and down as we approach the end of one season and move right on to the next, what you need now are smart buys, and plenty of options. You want to be able to wear it now and have it be part of a rockin'

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So be sure to "like" them on Facebook for tons of insider info.



Notorious spy chief back in Libyan hands

Bombing. The former Libyan spy chief is accused of complicity in the airline bombing over Lockerbie, Scotland, that killed 270 people

Deposed Libyan dictator Moammar Gadhafi's notorious spy chief is in custody in Tripoli after extradition from Mauritania, Libya's premier said Wednesday, in a step toward bringing the man linked to aircraft bombings and atrocities to justice.

A plane carrying Abdullah al-Senoussi landed in the afternoon at Metiga air base in the heart of Tripoli in the afternoon. From there he



Late Libyan dictator Moammar Gadhafi with Abdullah al-Senoussi.
ABDEL MAGID AL-FERGANY/THE ASSOCIATED PRESS

was flown by helicopter to the Hill Prison in the capital. "Abdullah al-Senoussi will have a fair trial according to international standards for human rights, the

rights from which Libyans were deprived," Prime Minister Abdurrahim el-Keib told reporters in Tripoli.

The former spy chief is accused of complicity in the 1988 bombing of a Pan Am airliner over Lockerbie, Scotland, as well as the Abu Salim prison massacre of more than 1,200 inmates by Gadhafi's regime in 1996 and another airplane bombing in 1989.

Mauritania, Libya, the International Criminal Court and France all asked to try the former intelligence chief.

Geraldine Mattioli-Zeltner, international justice advocacy director at the U.S.-based group Human Rights Watch, called on Libya to ensure al-Senoussi is treated humanely and that his rights are safeguarded.

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No outdoor speech

Storm fears push Obama inside

Democratic officials are moving U.S. President Barack Obama's convention speech indoors because of the possibility of severe weather on Thursday.

Obama had planned to accept his party's nomination in an outdoor football stadium in Charlotte, N.C.

But forecasters have predicted severe thunderstorms in the 9 to 10 p.m. hour, raising concerns about the safety of supporters, volunteers, staff members and law enforcement.

THE ASSOCIATED PRESS

Storms on horizon

Leslie, Mike churning closer

U.S. forecasters say Leslie has strengthened into the sixth hurricane of the Atlantic season but is still far from land.

Meanwhile, Tropical Storm Michael is gaining strength farther out to sea, but not posing a threat yet.

THE ASSOCIATED PRESS



Scooter man makes waves

Water, water everywhere ... but that didn't stop this man from navigating his scooter through a waterlogged street after heavy rain fell in Kolkata, India, on Wednesday. The monsoon rains that usually hit India from June to September are crucial for farmers whose crops feed hundreds of millions of people. BIKAS DAS/THE ASSOCIATED PRESS

This one was 'wow!' says survivor after earthquake hits

Central America shaken. Roads cracked, power lines fell, shelves tumbled: 'We held on to each other, we kept falling'

"It was incredibly strong. I've felt earthquakes, but this one was 'wow!'"

That was survivor Jairo Zuniga, 27, talking after a powerful, magnitude-7.6 earthquake shook Costa Rica and a wide swath of Central America on Wednesday.

Amid the panic, houses collapsed, highways were blocked and there was at least one death from a heart attack.

Zuniga said everything in his house in the beach town of Cangrejal fell when the quake hit around breakfast time.

The U.S. Geological Sur-



People gather outside an office building in San Jose, Costa Rica, to survey damage from an earthquake that rocked a wide swath of Central America on Wednesday. JOSE PABLO PINEDA VIA INSTAGRAM/THE CANADIAN PRESS

vey said the giant quake was centred about 60 kilometres from the town of Liberia and 140 kilometres west of Costa Rica's capital, San Jose, where frightened people ran into the streets.

The quake was deep — 41

kilometres below the surface. Quakes that occur deeper underground tend to be less damaging.

The last deadly quake to strike Costa Rica was in 2009, when 40 died.

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Scientists reveal 'global view' of how genome works

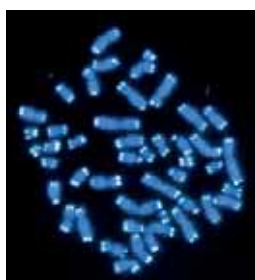
ENCODE project. Papers describe highly complex networks that tell our genes what to do

A colossal international effort has yielded the first comprehensive look at how our DNA works, an encyclopedia of information that will rewrite the textbooks and offer new insights into the biology of disease.

For one thing, it may help explain why some people are more prone to common ailments such as high blood pressure and heart disease.

The findings, reported Wednesday by more than 500 scientists, reveal extraordinarily complex networks that tell our genes what to do and when, with millions of on-off switches.

"It's this incredible choreography going on, of a mod-



This image shows the 46 human chromosomes. Each contains genes, but genes constitute only two per cent of DNA. On Wednesday, 500 scientists reported on the complex functions occurring in the rest of DNA.

THE ASSOCIATED PRESS FILE

est number of genes and an immense number of... switches that are choreographing how those genes are used," said Dr. Eric Green, director of the National Human Genome Research Institute, which organized the project.

The work also shows that at least 80 per cent of the human genetic code, or genome, is active. That's surprisingly high and a sharp contrast to the idea that the vast majority of our DNA is junk.

Most people know that DNA contains genes, which hold the instructions for life. But scientists have long known those genetic blueprints take up only about two per cent of the genome, and their understanding of what's going on in the rest has been murky.

It's "our first global view of how the genome functions," sort of a Google Maps that allows both bird's-eye and close-up views of what's going on, said Elise Feingold of the genome institute.

The findings were released in 30 papers published by three scientific journals. The project is called ENCODE, for Encyclopedia of DNA Elements. **THE ASSOCIATED PRESS**

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Charlottetown Harbour Authority CEO Les Parsons said the mess left behind by seagulls at their wharf is three to four times as bad as that of a flock of city pigeons. MATT CARDY/GETTY IMAGES

'Shoo-er' hired to rid Charlottetown of seagull stink

Gull cop. Guard with starter pistol will replace replica animals, falconer and threatening noise as new deterrent against seagull roosting

Charlottetown has hired a seagull "shoo-er" in a last-ditch attempt to rescue its lucrative cruise ship industry from a welcome mat of guano.

"Imagine you walk off a ship and you're walking through an inch or two of bird (poop)," Les Parsons, chief executive officer of the Charlottetown Harbour Authority, told the Torstar News Service on Wednesday.

"Welcome to Charlotte-town."

A thousand noisy, hungry, defecating seagulls at once can congregate at the city's wharf, close to the island cap-

ital's downtown.

"It's hard to describe. Without exaggerating, it's three to four times as bad" as the splattering a flock of city pigeons can leave, said Parsons.

The designated seagull shoo-er will patrol the wharf at night, using a starter pistol to scare away seagulls "in the hundreds" that are attempting to roost on roofs.

"Fall is the worst time of year. Mating season is over, the eggs are hatched and the immature gulls don't have as much fear as the older ones," said Parsons.

Fall is also the launch of the busiest time of the cruise season, an industry worth \$13 million last year to Prince Edward Island. The Harbour Authority is expecting 18 more ships during 2012.

The remains of several different seagull deterrents dot the wharf: a fake fox impaled on a spike, replica alligator

heads and owls.

A loudspeaker system that broadcasts a range of threatening sounds every two or three minutes, from a dog's bark to an eagle's cry, is still used, but not when ships are in port.

They all work for a while, said Parsons, and then the gulls get wise. The Harbour Authority even tried a falconer with a trained hawk tethered to his arm.

"Either these gulls are stupid or they're galling."

Only a human shoo-er is effective in preventing determined roosting, although it's an expensive option the Harbour Authority saves for a crisis.

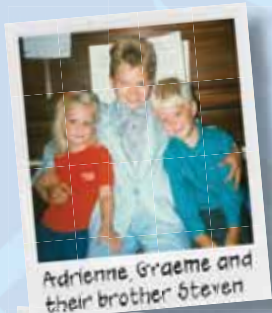
The gull cop, hired through a security firm, will be paid \$12 to \$13 an hour throughout the season.

"It's not physically demanding work, but it can get boring," Parsons said.

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Adrienne, Graeme and their brother Steven

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister



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Breakaway Amish group. Hair-cutting left residents screaming, sheriff says

The sheriff in a county with one of the United States' biggest Amish settlements testified Wednesday that residents were upset and screaming after a community leader had his beard and hair cut by fellow followers of the highly traditional religion in a nighttime home invasion.

"There was a lot of screaming and yelling," Holmes County Sheriff Timothy Zimmerly testified in the federal trial of 16 defendants in the attacks last year in Ohio.

Zimmerly said he went to the home of an Amish bishop after the attack and found his hair unevenly chopped to the scalp, leaving it bloody.

"There was a lot of hair laying on the floor," he testified as Amish watched from the public gallery, the women wearing white bonnets, the men wearing jeans and suspenders. "They were excited, very upset."

The defence has tried to portray the attacks as internal church disciplinary matters, not a religion-based hate crime as prosecutors contend.

Attorneys for the defendants have not denied that the

Breakaway leader?

Prosecutors allege there were five attacks last year, orchestrated by Sam Mullet Sr.

- Mullet has denied ordering the hair-cutting but said he didn't stop anyone from carrying it out.
- All of the defendants could face lengthy prison terms if convicted on charges that include conspiracy and obstructing justice.

hair-cuttings took place and said in opening statements that members of a breakaway group took action out of compassion and concern that some Amish were straying from their beliefs.

Those accused of planning and taking part in the attacks targeted the hair and beards of Amish bishops because of its spiritual significance in the faith, prosecutors said. Most Amish men do not shave their beards after marriage, believing it signifies their devotion to God.

THE ASSOCIATED PRESS



Aurora borealis lights up the north

The northern lights made a spectacular early-morning appearance Wednesday, bursting into the sky over southern Manitoba around 1 a.m. Also known as the aurora borealis, the natural phenomenon makes its way to southern Canada a few times a year.

RON CANTIVERO/FOR METRO IN WINNIPEG

Senate debate

Argentínians consider lowering voting age to 16

Debate began in Argentina's senate Wednesday on a proposal to lower the voting age from 18 to 16, while another battle heated up over efforts to bring politics into the public schools.

Sen. Anibal Fernandez, who is sponsoring the voting measure, said it's "stupid" to think 16-year-olds aren't mature enough to vote. A hundred years ago, Argentina set the voting age at 18, and Fernandez argued to his fellow senators that people have advanced enough since then to lower the age by two years.

Sen. Gerardo Morales, who leads the senate's largest opposition party, said the Radicals are "clearly in favour of expanding rights" and would support the measure.

Other opposition figures have alleged that giving younger teenagers the vote is an attempt by President Cristina Fernandez de Kirchner to swing the next elections.

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In this Aug. 26 picture, a Romanian bride poses with mock kidnappers holding toy weapons at the Triumph Arch in Bucharest, Romania. VADIM GHIRDA/THE ASSOCIATED PRESS

Bride-napping all fun and games in Romanian capital

Customs. Nuptial abductions an increasingly common sight in Balkan city

A limousine screeches to a halt and a bride, resplendent in frothy gown and veil, is hauled outside by her abductors.

It's one of Romania's more colourful customs: bride-napping. And the tradition of snatching the bride from under the nose of groom and guests with the wedding party in full swing is getting bigger, brasher and increasingly common in the Romanian capital, Bucharest, the Balkans' undisputed party town.

Every Saturday night, brides from Bucharest and beyond are dragged away in a mock abduction by friends and driven to a top tourist spot where they are "held hostage" — all the while

Quoted

"Everything was staged and ready in my case. The limousine was waiting for me in front of the restaurant, I was given the 'leave' signal by my friends, and together we came here to have some fun.... Now everyone's thinking what ransom to ask the groom."

25-year-old abducted bride Alisar Dragne

pouting, dancing and striking provocative poses for the cameras.

The ransom: A few bottles of whisky or perhaps something more romantic, like a public declaration of love from the abandoned groom. The kidnappers negotiate by phone, work-

ing out the details of the payoff. It's all harmless theatrics meant to add a whiff of risqué fun to the nuptials.

Mock abductions of brides are part of marriage ceremonies across the former Soviet Union. In some countries, guests lock up a bride or have her hide in a backroom during celebrations, demanding that the bridegroom delivers a "ransom" — like singing a song, dancing or sometimes paying real money.

In Romania, the custom took off a few years ago when a top football player rented Bucharest's Arch of Triumph, a major monument modelled after its iconic namesake in Paris, and proposed there to his girlfriend. There was no kidnapping involved but the scene stuck in the popular imagination as a symbol of marriage — and soon the monument became a sort of midnight mecca for bride-napping.

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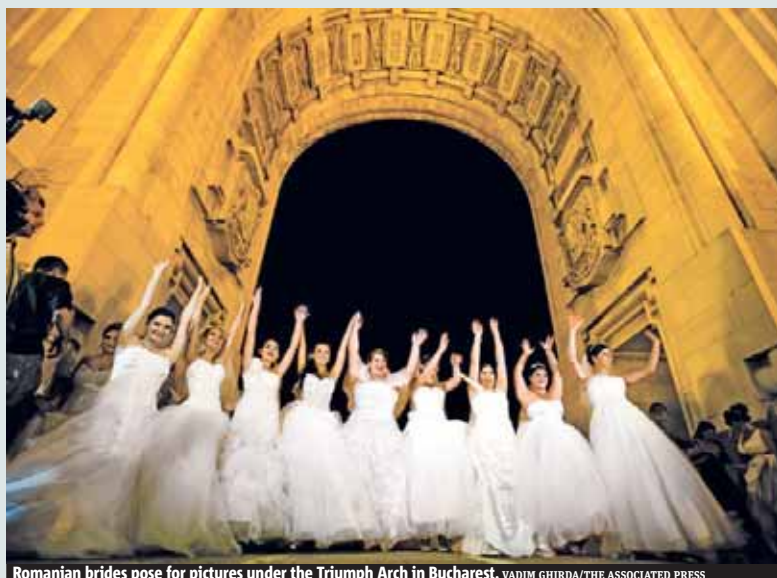
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Romanian brides pose for pictures under the Triumph Arch in Bucharest. VADIM GHIRDA/THE ASSOCIATED PRESS

Legal, schmegal

Letting off steam

This past Saturday, about 20 brides were held hostage at the Arch of Triumph, which was built in 1922 to honour Romanian soldiers who died during World War I and to celebrate the reunification of

Transylvania with the rest of Romania.

One bride was driven in from her wedding in a town an hour east of Bucharest with a gaggle of guests in tow. Another grabbed the toy machine-gun of her kidnapers, dressed up as Taliban, and pretending to use it in front of the monument.

Authorities turn a blind eye to the partying under the monument, technically illegal because it's a historic landmark. Motorists cruise around the square honking, waving and cheering. The party is one way for Romanians, frustrated with austerity measures and feuding politicians, to let off steam. **THE ASSOCIATED PRESS**

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User fees mean good business for Ottawa

Budget watchdog.

Revenues from goods, services that feds offer public raked in \$8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over \$8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the \$3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, buildings

Revenue sources

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about \$31 billion from services to the public, four times what the feds took in, and municipalities earned roughly \$18 billion.

and vehicles, or such things as temporary-resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. **THE CANADIAN PRESS**



Nokia's Lumia to battle iPhone, Android

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, on Wednesday in New York. Nokia revealed that its first smartphones will run the next version of Windows, a big step for a company that has bet its future on an alliance with Microsoft. The American market is a trendsetter, but Nokia has been nearly absent from it in the last few years. **MARK LENNIHAN/THE ASSOCIATED PRESS**

Pew survey

Mobile-app users doubt privacy

More than half of U.S. mobile-app users say they have decided not to use an app on their phone because of concerns over privacy, a study released Wednesday found. **THE ASSOCIATED PRESS**

Market Minute

DOLLAR
100.92¢
(-0.52¢)

Natural gas: \$2.795 US (-5.9¢)
Dow Jones: 13,047.48 (+11.54)

TSX
11,990.14 (+48.44)

OIL
\$95.36 US (+6¢)

GOLD
\$1,694 US (-\$2)

BoC. Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

And while Carney left his tightening bias unchanged — meaning the next move will likely be to raise rates — his suggestion that low interest rates are at least partly responsible for keeping Canada's economic head above water in the face of global turbulence hinted at continuing that policy.

But CIBC chief economist Avery Shenfeld said with the trend of growth at about two per cent, the economy is unlikely to make much progress in closing the output gap — the measure of when the economy is running on all cylinders. **THE CANADIAN PRESS**

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Competitiveness survey. Canada's ranking slips to 14

Canada's economic competitiveness on the world stage is being pulled down by — among other things — government handling of the innovation file, says an annual report from the World Economic Forum.

Canada slipped two notches to 14th place in the forum's ranking of global economic competitiveness. While the survey finds Canada benefits from highly efficient markets and excellent infrastructure, it is "being dragged down by a less favourable assessment of the quality of its research insti-

Two failures

"Too often, Canada fails to commercialize its good ideas into marketable products and services or capture the value from growth."

Daniel Muzyka, Conference Board of Canada president and CEO

tutions and the government's role in promoting innovation through procurement practices." **THE CANADIAN PRESS**

China. Samsung in hot seat over alleged worker abuse

Fresh off a billion-dollar loss in a patent fight with rival smartphone maker Apple, embattled Samsung Electronics Co. now finds itself accused by a labour-rights group of mistreating workers in China and illegally using child labour.

The New York based-China Labor Watch said its investigation into workplace conditions at eight factories in China showed some employees were working more than 100 hours per month of overtime and that children were knowingly employed. China Labor Watch also

said their investigation of the six Samsung-owned plants and two suppliers showed that safety measures, such as providing workers with protective clothing, were not followed. The group also accused Samsung of barring workers from sitting during their shifts and said it had documented instances of physical and verbal abuse.

Samsung acknowledged that poor working conditions may have arisen due to production demands and that a review was to immediately take place.

THE ASSOCIATED PRESS

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BOILING DOWN AN EDUCATION IN THE SCHOOL OF HARD YUKS



HE SAYS...
John Mazerolle
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.
2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering "new math." How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

- Acting:
 - 1) Don't act. Just read the lines.
 - 2) No, read the lines better than that.
 - 3) You're terrible.
 - 4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.
- Standup:
 - 1) People who think they're bad at standup are often good at it. People who think they are great at standup are usually terrible.
 - 2) The only standup comic in the world who enjoys Dane Cook is Dane Cook.
 - 3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
 - 4) When stuck for an idea, think of anything — anything — other than genitalia. Please. For me.
- Sketch:
 - 1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction "A helicopter descends ..."
 - 2) Rubber chickens ARE funny. Seriously.
 - 3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word "haberdashery."
- Improv:
 - 1) If someone says, "Welcome aboard, captain — shuttle ready for launch," the correct response is not "But this isn't a rocket ship! It's a driving exam!"
 - 2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the \$5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.



Think school is a waste of time? You're right. ISTOCK

Taking a bath just beak-ause



SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

South African wildlife

55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned



A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

to the wild after recuperating. THE ASSOCIATED PRESS

Waddling away

Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach, South Africa, on Friday, a storm hit, which led to an oil leak.

So far, 10 cubic metres of oil have been removed. According to news reports, the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore. Operations are expected to cease by Friday. METRO

Area affected

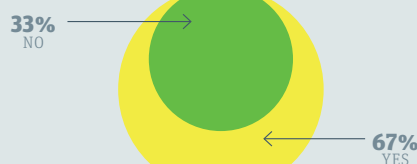
1 km

The oil has spread over one kilometre along the coastline, and runoff continues to pollute the surrounding area.



Register at metropolitanpanel.ca and take the quick poll

Should Apple buy RIM?



Twitter

@OttMomGo:

Dear everyone heading toward Orleans tonight. Traffic sucks but at least you're not in a sinkhole. Be patient & kind. No honking

@dyranarmitage:

The amount they've altered the highway to accommodate the sinkhole is nuttier. #somuchtraffic #craycra

@epicyawn:

Wow, sucks to be anyone heading east on the 174 tonight.

@geofford:

Not looking forward to my eastbound commute to Orleans. A good day to go home early, methinks.

@RakkelC:

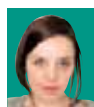
Eastbound traffic is horrid. #ottawa #yow

@GordQ:

@BrewersofCanada #ottcity #sinkhole 1hour and counting on Aviation Parkway-only in bureaucratic OTT is it acceptable Hwy closed for "days"!!

2
SCENEGet by with a little help
from your industry friends

A.C.T. Local screen acting school offers aspiring performers a place to start



**BACKSTAGE
PASS**
Jen Traplin
ottawa@metronews.ca

Ottawa may not be Hollywood north but there is work to be found here if you are an aspiring actor — and know people actively working in the industry who can help you find your way.

Local actress Claudia Jurt has appeared in numerous movies, television shows, commercials and music videos and is currently the artistic director of A.C.T. (Acting for Cinema and Television), an Ottawa acting school she founded in 2001.

The school offers a variety of classes for everyone from beginners to experienced actors, including courses like Getting Started in Film & Television and Acting in Front of the Camera as well as workshops on on-camera auditions.

"The idea with the school is that we actually get people out working in the industry. I've had some students who are now on television shows and doing feature films," she says.

One of those students is Mark Slacke. Since taking classes through A.C.T., he has landed over a dozen roles in various TV movies and short films.

"I wouldn't have any sort of success at acting if I didn't train regularly at A.C.T.," says Slacke. "Acting is too difficult to be out of shape



Founder and Artistic Director of A.C.T., Claudia Jurt. CONTRIBUTED/CLAUDIA JURT

when an audition comes around."

When it comes to auditions, there are a few resources out there for local actors. So Jurt posts audition notices on the A.C.T. Facebook page.

Local casting company Smyth Casting also provides information about upcoming auditions for feature films, TV series, commercials or corporate videos through its

website.

Though it is certainly possible to land an audition with no experience, Jurt, who admits she may be biased because of her role as a teacher, says the best way to get anywhere in this business is to continue to learn and train.

"Acting is about self-investigation — you have to look inside," she says. "As we

get older, from moment to moment, we're changing so how can you have it all figured out with just one class?"

Slacke agrees.

"Look at the resume of your favourite all-time actor and you'll find they trained a lot," he says.

"Once you start training, audition for indie films and get an agent. Keep working and keep training."

Details

For more on Claudia Jurt and A.C.T., visit actottawa.com

- Want to join the movement? To sign up for Smyth Casting's database, go to smythcasting.com

On the web



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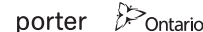
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There are No Reservations but be sure to PVR Anthony Bourdain's TV show

Travel show. Celebrity chef talks about the evolution of his hit show that has viewers chomping at the bit

**AMBER
M RAY**
Metro World News

Anthony Bourdain is in his last days of vacation. It's not the globetrotting-around-the-world, eating local specialties kind of trip that has gained the no-nonsense chef a cult following on his travel show *No Reservations*. No, this is a getaway in the Hamptons with his wife and daughter, whom, he says via cell phone, is snuggled up to dad as he answers our questions about his series' ninth and final season.

You're on the road so much for the show. Is this the first vacation you've been able to take in a while?
This is the longest vacation



Anthony Bourdain's show *No Reservations* returns. HANDOUT

I've ever had. It is a normal vacation; the most time I've ever had with my family. My five-year-old girl Ariane is resting her head on my chest at this moment.

Then we'll keep this short! Did this final season feel like a victory lap, or more like just the end of a chap-

ter, considering you'll be doing another show on CNN?

(It felt like) a victory lap in the sense that we're going out on a high note with a strong season, we're still doing our best work, and the show's still doing well. There was very much the sense with all of us who make the show that it's a chapter end-

ing, but we're pretty much 'all right back to work.'

One of the great things about *No Reservations* was the way that you documented the areas you travelled to with such authenticity — it was you, exploring a region and culture, through food. And

Book it

The no-nonsense chef is back for more with his show *No Reservations* on Travel.

- **Where to find it:** A new season of Anthony Bourdain's *No Reservations* premieres on Travel+Escape on Wednesday, Oct. 3 at 9 p.m. ET/ 6 p.m. PT.

you never shied away from talking about things like war or a nation's struggles. Looking back, how were you able to get such a non-touristy show like this made and then stay on the air for so long?

You know what? I don't really know. It became clear after two years working on a show called *A Cook's Tour* with Food Network that they liked the show, it was doing pretty well, but they wanted a cheaper version and less foreign travel, but yet the show was very popular

abroad. I think it's still running in Asia, Latin America, parts of Europe. So when we left Food Network, there was a desire to find an American network that would fund the show or finance the show intended largely for what we perceived to be for foreign audiences. And I think early on Travel didn't have a lot going on — I mean, they were known for the World Poker Tour shows and not too much else.

And yet, after every episode of *No Reservations*, viewers are left either wanting to travel to the location or at least learn more about it — which, it seems, is what a successful travel show should do by definition. I was never looking to do that. I'm happy, very happy, very pleased, very satisfied, when I hear after the fact that a show we made about Vietnam or Spain inspired people to go and that they had a good experience and it changed their worldview; that makes me satisfied.

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E.L. James, author of *Fifty Shades of Grey*. CONTRIBUTED

'I really liked being a terrible tease'

Q&A. Metro chats with E.L. James, the woman who started it all

WILKE MARTENS
Metro World News

Writer Erika Leonard, better known as E.L. James, has become a worldwide phenomenon in only a few months. Since her erotic trilogy — *Fifty Shades of Grey* is the title of the first book — has become a great success, she travels all around the world. We met up with her in the fancy College Hotel in Amsterdam.

The success must be a big surprise?

Surprise? It's a shock! I was especially surprised by the speed with which it travels the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

Fifty Shades started out as an online publication. Yet, it has sold 15 million copies worldwide anyhow.

The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

Everybody talks about the women who are enjoying the books. Do you have any male readers?

More and more men read my books. Sometimes they say

things like: 'Thanks a lot for what your books have done to my wife ... wow!' A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

Aren't men embarrassed to admit they've read your books?

They don't tell me they are. But I am embarrassed when men read it, because I didn't write the books for men.

Why is it embarrassing?

Because it's all about fantasies. When you go out with your friends and you discuss things like sex, I feel totally comfortable. But when you're with a group of men ... I don't like to talk about sex when there are men around.

Did you have fantasies because you were writing this story? Or did you start writing because you already had these fantasies?

Good question. I think it was a combination of the two. We've all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research it might not be just fantasies.

Is it the kinky sex stuff that made the book so popular?

Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

Did you put in all the sex in order to avoid the cliché love story?

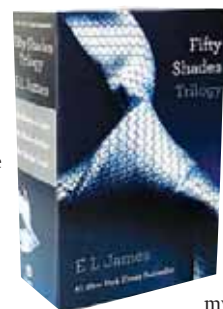
Not at all. I started writing with the idea: when you meet someone who is into BDSM (bondage, discipline, sadism and masochism) and you are not up for it, what will happen? I had read some things about BDSM and I thought: 'Ooh, this is hot!' Would I ever do such a thing? My fantasies ran wild.

All three books are true page-turners. Did you write like that on purpose?

It's a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.

So, what will be next?

I would like to rewrite the first novel I ever wrote. It still needs a lot of work and I'm looking forward to that. But it's impossible to find the time to write at this moment. Besides, I'm exhausted. I'm looking forward to my holidays.



Hollywood

So in the movie, who should play...Christian?

Christian Bale



He has proven he can be the ultimate kinky bad boy in *American Psycho*. And he's already got the name.

Justin Timberlake



He's brought *Sexy Back* before.

Alexander Skarsgard



With his intense look and towering physique, Skarsgard has a dominating presence. His interactions with

Sookie in the fourth season of *True Blood* shows us he knows how to be a passionate lover — even though we prefer him mean, harsh and sarcastic.

Daniel Radcliffe



If the versatile actor really wanted to shed the Harry Potter stigma, he should take on this role. He's a bit young

to have created his own empire, but after getting naked for the play *Equus*, he has what it takes.

...and Anastasia?

Katy Perry



She's got that wide-eyed look that makes her seem innocent, despite the fact she's spraying whipped cream out of her boobs.

Anna Gunn



The *Breaking Bad* star is way too old for the part, but the "hot mother" vibe will make her relatable to

the housewives that are obsessed with this series.

Ellen Page



If you ever need an awkward female lead, call on Ellen "Juno" Page.

Mila Kunis



Want to draw in male viewers? Boyfriends will be more than willing to watch.

Kristen Stewart



Anastasia Steele is based on Bella from *Twilight*. And can you imagine anyone who could deliver flat dialogue with no emotion as well as Kristen Stewart?

Fifty Shades fallout

Trend. What are the long-lasting effects of the best-selling series, now that the buzz has died down?

MICHELLE CASTILLO
Metro World News

With its cheesy bedroom banter, bondage scenarios and detailed explanations of what goes where, *Fifty Shades of Grey* has gone from a cultural must-read to the played-out book your mother-in-law brought on vacation.

So with the hype fizzing out, what will be the long-lasting impact? For starters, according to experts, expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves.

Sarah Forbes, a curator with the Museum of Sex in New York, said that she's observed more women writing erotic fan fiction online (which is how *Fifty Shades* began, as a *Twilight* spinoff).

She chalked it up to the fact that women, more than men, need to be stimulated physically and mentally, so for some, writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of *Fifty Shades* legitimized the form.

"For some people, it can just be fun and playful. It can border on their humorous space," Forbes says. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. That comfort can open up a discussion about their real-life likes and dislikes.

"There is a lack of healthy direct discussion about sexual issues," Maltz says.

"There is a difference between what the real needs are sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."

Quote

"There is a lack of healthy direct discussion about sexual issues."

Wendy Maltz, sex therapist and author of *The Porn Trap*



Magic Mike. CONTRIBUTED

The magic of Magic Mike and Zumba

Fifty Shades wasn't this year's only sexy hit. *Magic Mike*, a movie about male strippers, made more than \$100 million at the US box office, and Zumba classes, inspired by a sexy Colombian dance, had grannies shaking their hips suggestively.

Talli Rosenbaum, a certified sex therapist and an associate editor of the *Journal of Sexual Medicine*, said women are seemingly, suddenly left with once choice: embrace this stuff or be left out.

People have forgotten that there's still a large number of people who enjoy "monogamous, vanilla sex," she says. She works with traditional religious populations, and, "I find a great deal of disparity or contradictions in those populations, as well as people who are very exposed to all kinds of images on the Internet and all kinds of things that are not necessarily normative sexual education," she adds.

"They might think that this is what everybody does."

You now have "permission"

The experts we spoke to recommended defining yourself against these media, rather than being defined by them.

Dr. Stephen Snyder, a sex specialist and sex therapist, has seen women being more open to exploring their sexual sides, and says *Fifty Shades of Grey* has given women "permission" to explore explicit sexual fantasies. The book could even improve your relationship, with a catch: "We'd probably need the men to read it too," he says.

"There's much that men can learn from Christian Grey about what women need, such as for a man to take good care of himself and his surroundings, to express his desire for his partner in words."

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Matt & Kim living straight outta hipsterville

New album. Partners in every way, this musical duo produce dance-punk-pop inspired by the hip-hop around them

MICHELLE CASTILLO
Metro World News

Dance-punk duo and independent music darlings Matt & Kim aren't just partners in their music career: They've been dating since even before their band formed in 2005. Since then they've had several milestones, including their song Daylight being used during an episode of HBO's *Entourage* and being asked to be the supporting act for Blink-182 and My Chemical Romance

during the 2011 Honda Civic Tour. Now, the two are putting out their fourth album called *Lightning* (out Oct. 2) and gearing up for a six-week tour through the United States and Canada. We caught up with Matt and asked him to tell us what helped inspire the album, and what it was like to record and live in the center of hipsterville, Williamsburg in Brooklyn.

What was the big inspiration for this latest album?

We've always made upbeat music, but I think there's sort of the darker edge that Matt & Kim can have, there's slightly more of it on this album. There's still a share of upbeat songs — everything feels upbeat — but in some of the lyrics there's a slightly different edge. I don't know if that's inspiration, but as always we make albums

Quote

"Still, it's a very energetic album and some of the fastest songs we've done yet and things like that."

Matt Johnson
Talking about the new Matt & Kim album *Lightning*

from just what comes out of us when we try to make them, and we were certainly surprised at that for this album.

It's kind of ironic that it's darker when it's called *Lightning*. Why did you go with that name?

We go a lot by what feels right, and there's something about the word lightning and the feeling that went with that. Still, it's a very energetic album with some of the fastest songs we've done yet and things like that. It's just something about it. I think this word describes this album.

I know you recorded in Williamsburg, Brooklyn — which has quickly become the hipster capital of America. How do you feel about this new stereotypical view of Williamsburg?

I mean, I see why it can be seen like that and whatnot, and it's true. I've gone to few other places that have such a high concentration of people who are into art and music and things like that in one place. I felt that Williamsburg for a long time has been very inspiring in that sense... being surrounded by other people who are concerned with similar things to myself and whatnot.

Yet, after living there for eight years, we just moved out and moved away. Of course, things as they do in New York evolve and change, and Williamsburg is one of those things.

Exclusively online

Matt & Kim, Soula Boy, and Andrew W.K. have risen from the dead to throw a raging dance party in a morgue. The mortician has left for the night, the limbs are fresh and there's formaldehyde on ice. Check out the brand new video for I'm A Goner.

- To watch the video, Go to metronews.ca/scene

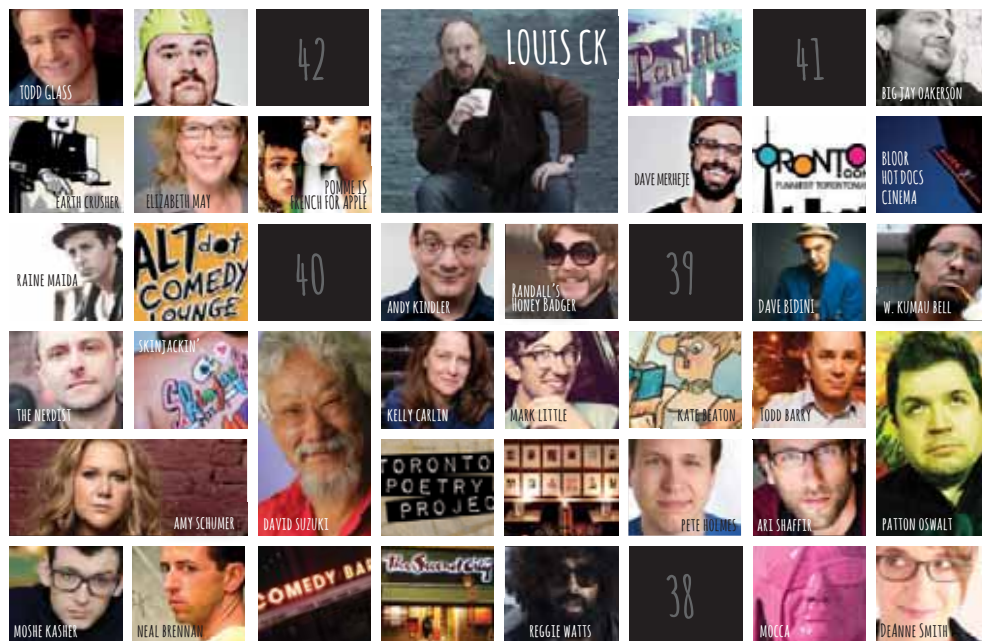
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A JUST FOR LAUGHS AND LIVE NATION PRODUCTION



Matt & Kim's new album *Lightning* is out Oct. 2.

GETTY IMAGES

Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is F-ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.



No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a



second dude to the lineup. At this rate, they might have to lower their standards a bit.

Kim Kardashian would probably be interested.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Thanks for the honesty about Kim, Kanye!

PAT HEALY
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire

family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!



Jessica Simpson. ALL PHOTOS GETTY IMAGES

'I let myself indulge in everything I wanted': Jessica Simpson

Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

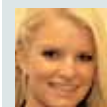
"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

"I didn't realize (the

weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

Twitter



@JessicaSimpson

24 is my new treadmill show!! How have I not watched this show before now?!? Jack Bauer is my hero!



@HitRECordJoe

Anyone know any good jokes?



@ladygaga

MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"



@AlbertBrooks

Are you better off than you were 4 years ago? Physically? No way.

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COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

SOCIAL MEDIA STAR

What designers are you most excited about this season?

A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

What do you look for in an item of clothing or an outfit?

The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the

dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

Why do you think fashion matters?

It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken

in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

The fashion industry is competitive, but you've maintained a sense of humour.

Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too

seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that

I was a quirky little nerd in school and came to grow into myself to become something that — who knew I could?

People tend to love or hate social media. Why did you decide to make it yours?

At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog.

Top 3



Coco's top three tips for becoming a social media superstar.

1 Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?

2 Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.

3 Be responsible. Your work-mates are going to see this, not just your friends. In the end, your bosses can see it.

I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

Yeah, so why do you feel the need to share personal moments with your Instagram followers?

My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

During fashion weeks, Coco will be filming The Face, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.

On the Web



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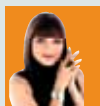
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JEANNE SPACE
Jeanne Beker
life@metronews.ca

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@Jeanne_Beker:
What's the toughest decision YOU ever had to make?

@ALittleCavalier

Deciding to be a good, happy, decent person over a pursuit of absolute wealth. It was a good decision.

@Jeanne_Beker

You sound like my kind of person! Kudos...

@hurleyventi

Every morning when I pick out my outfit for the day.

@MeaganArtisan

I was adopted @ birth, I was given an opportunity to establish a relationship w a biological parent/siblings. I have.

@Jeanne_Beker

Bravo! I commend you for your courage... THAT must have been a tough decision!

The Kit

Canadian street style

Spotted in: Ottawa

Mahlet Seifu

Business intelligence consultant and handbag designer at Me.Tu

Age: 30

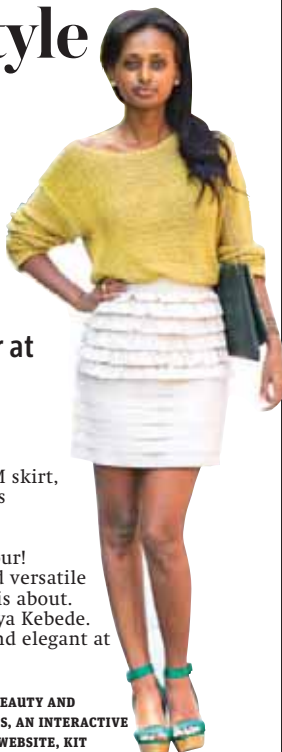
What she's wearing

Vero Moda sweater, H&M skirt, Me.Tu purse, BCBG shoes

Her inspiration

"I love playing with colour! Feminine girly looks and versatile purses is what my style is about. I'm really inspired by Liya Kebede. Her style is so natural and elegant at the same time."

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Who to watch

Preview. Big-name celebs join big-name designers to make for one bold-faced N.Y. Fashion Week

TINA CHADHA

life@metronews.ca

Kanye and Kim

For those of you who thought Kanye West wouldn't show his face again at Fashion Week after two seasons of getting trashed by the critics — you can't tell him nothing. According to reports, the hip-hop star will present his third women's wear collection in October during the Paris shows.

Even more exciting: His lady, reality-star-turned-mogul Kim Kardashian, will be by his side. Or will she walk the runway?

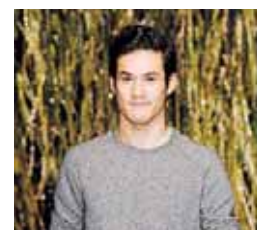
Show or no show, the two fashion-loving entrepreneurs are going to be perched on as many front rows as will have them.



Carine Roitfeld

Carine Roitfeld has been releasing teasers from her highly anticipated fashion glossy, CR Fashion Book, during the months leading up to Fashion Week. The former French Vogue editor-in-chief is, frankly, the only one who could pull off the launch of a print publication during this digital revolution without getting crazy lady looks from us.

The debut issue hits newsstands on Sept. 13. To celebrate, Roitfeld will throw a party during the New York shows that will be the must-attend event of the season.



Altuzarra

This is Joseph Altuzarra's moment. Championed by editors and It-girls alike, the fashion darling showed such strong collections for the past few seasons that he's become as exciting as, say, an Alexander Wang. His bold tropical prints and urban gypsy collection are the kind of shows that stick with editors way after the grueling Fashion Week cycle ends. After winning the \$300,000 CFDA/Vogue Fashion Fund and the CFDA Swarovski Award for Womenswear, we're eager to see what an even more confident outing will look like.

Raf Simons

From his dramatic, surprise dismissal from Jil Sander (his sublime and feminine final show evoked tears and a standing ovation) to his appointment as John Galliano's much anticipated replacement as creative director for Christian Dior, all eyes have been fixated on Raf Simons.

And as his haute couture debut for the storied house proved, the spotlight will stay put.

"My desire is to have the history and future together by making a more modern dress and a more historic dress and fusing them," Simons said.



Wes Gordon

Wes Gordon is on fire. For the past few seasons, the 25-year-old has earned rave reviews from editors and buyers for his successful namesake label — which is already sold at Bergdorf Goodman and Kirna Zabete. The Central Saint Martins grad has dressed girl-of-the-moment Lena Dunham for the Met Gala, got a nod from Michelle Obama — the first lady wore a metallic jacket from his line at the Nickelodeon Kids' Choice Awards — and collaborated with Manolo Blahnik for his spring 2012 show.



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6 accessories to stylize your condo

We asked Metro readers what their favourite condo accessories are and came up with this list of easy and inexpensive upgrades that are both functional and add flair to your home.

DUNCAN MCALLISTER



iPod dock clock radio

Wake up to your favourite tunes with an iPod dock clock radio.

This trendy new accessory is very popular for condos.

Here's the Revo Domino internet radio and iPod/iPhone dock with built-in speaker and alarm clock.

It includes a remote control. \$199.00 at Bay Bloor Radio.

Bladeless fans

These new bladeless fans are hugely popular and are great for condos.

Dyson fans use air multiplier technology to draw in and amplify the surrounding air.

There are no fast-spinning blades so there's no need for safety grilles as they project a stream of smooth air.

The 10-inch AM01 table fan is \$379.99 from Dyson Canada.



Espresso maker

Coffee aficionado Matthew Slutsky of Buzzbuzzhome.com says no condo should be without an espresso maker:

"Steam driven, piston driven, pump driven; automatic, semi-automatic, super-automatic; air pressure, stove top. Yes! There is a lot to learn, but buying a great espresso maker makes a world of difference."

DeLonghi 15-bar pump espresso machine. \$249.99 at Sears Canada.

Maple cutting board

A traditional end-grain butcher block makes an elegant kitchen accessory that's functional and stylish at the same time.

These cutting boards can be built into your kitchen island or used as a standalone.

John Boos Solid Maple Cutting Board. \$99.99 at Costco.ca.



Linen cabinet

With smaller condos, bathroom storage is in demand.

Bedrooms are small, but the bathrooms tend to be larger, and that unused corner could be a perfect spot for a linen cabinet or shelving.

Several vendors now offer a variety of extra storage options for bathrooms.

This linen cabinet features three large storage areas with soft closing doors and comes in five finishes. \$399 at Toronto Vanity.

Wood wine rack

Nothing sets off a room like a fully-stocked hardwood wine rack. These units come in a variety of sizes, as well as wine cabinets and wine cooler fridges. Here's a six-foot-high, individual bottle, 3-column wooden wine rack, just perfect for a condo. \$304.00 from Rosedale Wine Cellars.



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Enter your home in style

Design Centre. A reader gets advice on how to organize and jazz up her front entrance

I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional

for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

Be decorative

- Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visually larger. Lay a decorative yet durable runner for comfort and colour under foot.

Add slim furniture

- Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

Where to splurge

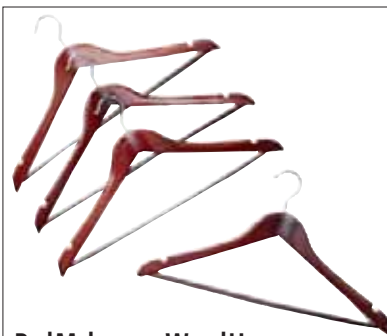
- A decorative light fixture is always a good investment

and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

- If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

- A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.

- Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.



Red Mahogany Wood Hangers, \$9/set of 4

Oversized wooden hangers are strong for all the coats in the closet. BedBathAndBeyond.ca.



Infinity Console Table, \$298

A sleek 12-inch console table is the perfect size for a small foyer. HomeDepot.ca



Victorian Hotel Pendant, \$1675

A splurge of quality lighting will help to create a great impression when coming home. RestorationHardware.com



Gabbah Modern 31"x90", \$363

All wool Gabbah style hall runner makes a colourful statement when entering the house. EcarpetGallery.com

© Inter IKEA Systems B.V. 2012.

The new catalogue is here.



Indoor herbs can heal what ails you

What if you could soothe a sore throat or a headache with a snip of the scissors? Well, plant some herbs indoors now, before fall sets in, and you could have a winter's worth of folk remedies.

Many medicinal plants, especially herbs, grow well indoors, says Amy Jeanroy, who runs a greenhouse business near her Ravenna, Neb., home, and writes and teaches about medicinal herbs. She recommends starting with these five: thyme, chamomile, mint, lemon balm and sage.

Each works well as a tea: Grow, cut and dry them for use throughout the year, or use fresh herbs. To brew a tea, add 1 teaspoon of dried — or 3 teaspoons of fresh — herbs to 1 cup of boiled water; steep several minutes, then remove the herbs.

"A lot of herbs that people already cook with are herbs that have medicinal qualities," says Jeanroy. "It doesn't necessarily mean it's kicking the flu for you. It helps you."

Thyme, Jeanroy says, can soothe a throat sore from coughing, and Blume touts its antiviral properties. Mint — espe-



A medicinal indoor herb garden with herbs for growing during winter months, from left, lemon balm, French thyme, and sage. JENNIFER FORKER/THE ASSOCIATED PRESS

cially peppermint — is a home remedy for an upset stomach. Lemon balm can be taken as a tea to counter headaches, added to other medicinal teas to mask an unpleasant taste, or steeped stronger to make a topical, antiseptic cleanser for a skinned knee or itchy bug bite, she says.

Take care of your indoor herb garden, and it'll return the favour.

"I don't know if it stems from surrounding myself with plants or spending so much time with them, but the whole process — you're pinching back herbs that smell good and heating the water (for tea) — I think that's part

DIY

- Start with a small indoor garden, Mazikowski suggests, and know that the plants aren't likely to last longer than 18 months.
- Use a large, clean pot filled with sterile potting soil.
- Make sure there's a drainage hole in the pot, and don't over-water. Soggy soil can lead to mildew, mould and pest problems.

of the healing," says Jeanroy. **THE ASSOCIATED PRESS**

Green spaces for kids

A more natural playtime

What's a natural playground? And who builds them?
-Jodi of Toronto



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca



Research shows natural playgrounds help support children's social and physical development. ISTOCK IMAGES

Natural playgrounds bring children back to nature! Imagine a schoolyard, daycare or public park with fallen logs, tree stumps to sit on, vertical log forts and a slide built into the side of a hill.

Now what's the playground like at your kids' school or your neighbourhood community centre? Is it a concrete jungle gym or a welcoming green space?

Research shows that natural playgrounds provide more variety of play opportunities, supporting social interaction and physical development for children. They also meet a child's individual needs according to stages of development, learning styles, personality types, friendship patterns

and culture. Access to green spaces can even improve academic performance. A growing number of physicians are prescribing Vitamin "N", for nature, because time outside is known to moderate the effects of stressful events. Kids who spend more time in nature are more resilient and cope better.

Of course, no playground is risk-free. But those that are well-designed provide opportunities for children to engage in healthy risk-taking. If playgrounds are too safe, kids won't learn to assess risk.

Bienstock Natural Playgrounds was the first company to create these types of playgrounds in Canada. Learn

more at naturalplaygrounds.ca. They specialize in design and consulting and hold workshops across the country to help people customize school and community playgrounds. Their goal is to create spaces that reflect the natural heritage of a site — rolling hills, pathways, boulders and logs — where children and families are encouraged to explore.

So while traditional playgrounds restrict children to specific activities and limit creative play, natural playgrounds are able to increase attention spans in children, raise school grades, decrease absenteeism and increase collaborative play and learning. Not bad.

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The slipcover solution: Your perfect seasonal makeover

DIY ideas. They spruce up furniture and create a new look in a room. And the best part — slipcovers can be done on a budget

To Slipcover or not

Before ordering your slipcovers, you need to ensure that reupholstering is the right tool for the job at hand.

- Consider how much you like the lines of the piece of furniture. If the silhouette is too modern or old-fashioned a slipcover won't fix that, but if you love the basic shape then it can be a great cost-conscious way to update it.

- Think about the use of the piece. If you have small kids or pets, the removable and washable nature of a slipcover is a wise choice.

- If there are lumps in your sofa or the chair is un-



Slipcovers will last a few years. Then you can choose a new fabric for a whole new look again. ISTOCK IMAGES

comfortable then the only way to fix it is by re-working from the inside out.

Settled on Slipcovers?

If you've determined that a slipcover is the right choice

for you, there's another question to consider — standard or custom?

- Custom-made slipcovers will give you a crisper profile with individual tailoring, but you need to consider the over-all style of the room.

If it's cottage comfort or shabby chic then a slipcover that appears a bit baggy will suit the space.

However, a strongly traditional or modern space requires a tailored fit.

- Also think about the shape of your piece. If you have an unusually shaped piece of furniture it will be hard to find a pre-made slipcover that will suit it.

- Fabric will also help determine the right choice. Slipcovers come in all sorts of colours and patterns, but if you have your heart set on a particular shade or motif then you may need to custom create it.

- Lastly, determine a budget.

Custom slipcovers are significantly more expensive than pre-made versions.

Keep It In Shape

After choosing the right slipcover for your space, there are a few key maintenance tips to remember.

- Over time the slipcovers will slide, so you need to tug them into place or tuck loose fabric between cushions.

- Remove and clean them every few months, and remove to spot treat any small stains.

Slipcovers will last a few years before they need replacing — then you can choose a new fabric for a whole new look in your home!

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Don't wait for your guests to leave



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I recently had house guests. On the day of their departure (they were not leaving until midday) I found myself laundering the bed linens and towels from my guest bedrooms while they were still at my house! Is this considered rude or inappropriate?

Thanks, Laundry boy

Dear Laundry Boy,
There is absolutely nothing wrong with starting your laundry while your house guests are still with you.

In this day and age when we are all busy and don't have domestic staff to do these things behind the scenes, so to speak, this is a great way to get ahead and move forward with the tasks of the day.

Now the question should be how do we do this without offending our guests yet

getting our work done?

I would simply ask "would you mind doing me a favour and pulling your bed sheets after breakfast so that I can get the laundry started."

My only other advice is to not go into your guest bedrooms to take the sheets of the bed without them knowing.

Try saying something to the effect of, "do you mind if I go into your room to take the sheets to start the washing?" and hopefully your guest will offer to help you!



Sometimes you need to get a head start on laundry while your house guests are still around. ISTOCK IMAGES

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SPECIAL INFORMATION FEATURE



Smoked meat poutine from Elgin Street Diner. SAMANTHA EVERTS/FOR METRO

Your late-night munchie guide

It's back to school time and chances are if you are a student you will be celebrating in the ByWard Market and Centretown.

Once last call has passed, chances are you will want something to coat your stomach for the next morning.

Here are few places to quell the late-night food cravings:

Mr. Mozzarella — 169 York St.

French fries smothered with gravy and mozzarella cheese baked into a thick pizza crust always draws a crowd of beautiful club-goers eager to give their poutine pizza a try.

Elgin Street Diner — 374 Elgin St.

ESD poutine is the stuff of legends and it has the T-shirts to prove it. The 24-hour diner is filled with revellers finishing the night over one of its seven gourmet poutines or gourmet grilled cheese.

Shawarma King — 395 Bank St.

A quick, easy bite, Otta-

wans love those neon signs advertising roast chicken or beef smothered in pickled toppings and garlic wrapped up in a pita.

Burrito Borracho — 105A Clarence St.

Spicy food goes great after some beverages. Giant burritos loaded with marinated Mexican-style pork or just chips and guacamole are only steps from the big dance clubs.

Pho Alley — Somerset St. W.

With dozens of pho restaurants to choose from, Somerset West serves up traditional noodle soup with beef, chicken or shrimp in massive bowls for less than club entry. Try Pho Bo Gah 2.

Dunn's Famous — 220 Elgin St., 295 Dalhousie St.

Another long-established diner in Ottawa, Dunn's has two late-night locations to serve up its piled high roast beef Montreal-style smoked meat sandwiches on rye.

SAMANTHA EVERTS

Beers gone wild

JEFF O'REILLY
For Metro

At a recent Saturday night backyard party with some really adventurous industry friends, the conversation somehow wandered off to left field and talk of the craziest things we have ever tasted (maybe it was my famous homemade Green Tea Bourbon Lemonade or Scotty J's unbelievably mouth-watering barbecued delicacies), but it appeared that we had all tried some very unusual brews over the years.

So when Katie told us she had a bottle of this particularly mind-boggling beer stashed away at home our jaws dropped. Having heard that only 30 cases hit the LCBO before being gobbled up, hoarded or hidden, I knew that my life wouldn't be complete until I tried it, so we arranged for a select few of us to meet up and sample this intriguing elixir.

Newport Oregon's Rogue Ales has long been considered one of the most adventurous craft brewers out there — from its legendary Dead Guy Ale and spicy Chipotle Ale, to the tongue and cheeky Yellow Snow IPA and Dad's Little Helper, you can tell these brewers like to have some fun doing what they do. So when they teamed up with fellow Oregon wacky, creative culinary legends Voodoo Doughnuts (and its trademark Maple Bacon bars) they were definitely boldly going where no



Katie shows off a rare Rogue Voodoo Doughnut Bacon Maple Ale, a taste experience you won't soon forget if you can get your hands on this rare beer. JEFF O'REILLY/FOR METRO

one has ever gone before.

Rogue Voodoo Doughnut Bacon Maple Ale (5.6 per cent alcohol by volume, LCBO 750 ml, extremely hard to find) pours a thick, opaque blood orange copper with tight white head into our snifters.

Sharp, sweet maple aromas are huge (even before pouring), followed by thick, smoky campfire bacon notes. Maple syrup is proudly up front in the first sip followed by big, fatty and greasy "truck stop" taste — like breakfast bacon

before a massive wall of sour, bittering smoke — very much like the Rauchbier's of Bamberg, Germany, and the smoke completely takes over and dominates from here on in.

Surprisingly thin bodied when compared to appearance and bouquet, it is lightly carbonated and initially smooth with a very smoky and slightly oily bitter finish that lingers, which is great if you like that kind of taste — it will be with you for a while.

I applaud Rogue throwing caution to the wind and pushing the limits of what beer can be. As we see more brewers taking chances with the strange and unusual, our imaginations and palates will continue to be challenged and entertained — and that's a win for everyone. Bravo!

Returns for Roger's House

- NHL hall of famer and former Ottawa Senators coach Roger Neilson may have become famous for his funky ties, waving white flags at referees, revolutionizing the game of hockey by studying video of opposing teams and many other innovations, but his legend lives on through the wonderful work that happens at

Roger's House, a pediatric palliative care facility on the grounds of CHEO that was spearheaded by The Sens Foundation. This Saturday, The Beer Store is asking you to donate your empties to this great cause and make some real change by donating change — 100 per cent of proceeds go to this great cause.



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I say tomato, you say tomahto

Tasty. It doesn't matter how you pronounce it, check out the second annual festival Sunday

SAMANTHA EVERTS
For Metro

The pronunciation debate over "I say tomato, you say tomahto" probably shouldn't start a fight.

Ottawa's second annual Tomatoes Festival will be held this weekend by the Ottawa Farmers' Market. Unlike Spain's famous Tomatina Festival, event programmer Tara Simpson is not encouraging a food fight. "It's tomato season. We'd rather eat them, not throw them."

Despite Ottawa Valley producing some of the juiciest, most complex flavours, tomatoes from less than 100 kilometres away are often unappreciated. This festival celebrates all things tomatoes, inviting people to come for a delicious and educational Sunday.

Beyond the beefsteak to-



Head over to Brewer Park this Sunday for an opportunity to taste Bryson Farms' heirloom tomatoes. SAMANTHA EVERTS/FOR METRO

mato, visitors will be able to try exotic varieties like brandy wine, green zebra, and Italian ice. Simpson said the area produces incredible

varieties of heirloom and organic tomatoes particularly. About 50 farm food vendors regularly offer goods that go well with any tomato related

recipe and will participate in the Taste of the Seasons Tent sample recipes.

Smoked ribs and pork loin served with tomato-based

sausages will be served straight from the barbecue along with dishes like tomato-ricotta tartlet with vendor-bought herbs that will make your

More information

- Visit the Taste of the Season sampling tent at the second annual Tomatoes Festival (all items are made on site).
- There will be family fun with live music, Crash the Clown, and Ontario Art Gallery splatter-paint activity.

taste buds sing.

"We share the recipes so that people can make them at home," said Simpson.

A salsa competition between vendors promises to be a highlight. "Last year we did a chili competition," said Simpson. "Given the (hot) weather, (we wanted to) go for something more refreshing."

So regardless if you call them a love apple or wolf pear, there will be plenty of tomato-related free fun to be had at the market.

The festival will be held this Sunday at Brewer Park from 10 a.m. to 2 p.m.

For more information, see Ottawafarmersmarket.com.

Cheese. Tradition with a twist



CURD ON THE STREET
Vanessa Simmons
For Metro

Inspired by a Scottish recipe and made in the tradition of the colonial times of one of my favourite childhood book series, Anne of Green Gables, my cheese pick this week is award-winning Avonlea Clothbound Cheddar.

Cheese maker Armand Bernard says, "We went back in time to bring the flavour forward," and of this, the cheese speaks for itself.

This attractive looking, tasty cheddar is a complete contrast from the Extra Old Cow's Block Cheddar, even though they are made from the same milk.

It shows a natural, waxy-like rind closer to the outside covered by a dark grey/brown, aged, linen-like cloth. Inside is a burst of gold goodness with a complex aroma and flavour profile. It's earthy (think potato) closer to the outside, but with creamy, buttery, sweet and tangy flavours in the chewy centre, all at the same time.

Nip into Serious Cheese (Kanata), or a Sobeys for a peek at the rustic 10-kilogram wheels, pick up a wedge while you are there and tweet me what you think @savvyvanessa.



Avonlea Clothbound Cheddar. Did you know that roughly 100 litres of Holstein cow milk goes into making one wheel of Avonlea Clothbound Cheddar. VANESSA SIMMONS/FOR METRO

Delicious bites coming to a television near you

On TV

Show's 3rd season hits the road

Looking for some inspiration for your next dinner party or some advice on what not to do? Season three of W Network's *Come Dine with Me* Canada has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

Come Dine with Me Canada follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a \$1,000 cash prize. **METRO**

Come Dine With Me Canada. As the show sets to return for another season, get in the mood with contestant recipes

Beef Wellington by Sandra Latham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece. Set aside.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush

surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins., lower oven setting to 180 C (350 F) and bake another 15 mins. Allow to rest 15 mins. before slicing and serving with accompaniments. Beef should still be pink in centre when served.

Haricots Verts, Roquefort, Black Walnuts & Crispy Prosciutto

1. Bring pot of water to boil. Add beans and blanch 2 mins. Drain and put in ice bath.

2. Pan fry prosciutto in skillet until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts

Ingredients

Beef Wellington (individual)

- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

Haricots Verts, Roquefort, Black Walnuts & Prosciutto

- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

Gratin Dauphinoise

- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

and toss till warm and melted. Garnish with Prosciutto.

Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise



This Beef Wellington is sure to impress guests. **PROPER TELEVISION**

Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt, pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic.

Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs. **SANDRA LATHAM**



Add a splash of fun to your party with this colourful drink. **PROPER TELEVISION**

Moon Shine. Prince Edward Island's Nancy pays ode to her province

"Moon Shine is an Island tradition and was the choice of drink back in the day," says *Come Dine With Me* contestant Nancy Stewart of Prince Edward Island.

"I wanted to put PEI in the spotlight — and what better way than to make it 'Shine'.

"I served my guests Moon Shine because I knew after a few drinks it would hit them like White Lightning."

1. Mix up all ingredients and enjoy.

RECIPE COURTESY OF NANCY STEWART

Ingredients

- Lime Rickey Soda
- Lots of Ice
- 1 or 2 oz of Island 75% proof Moonshine

大統華 T&T

Promotion Period: Sep 07 - Sep 13, 2012 Ottawa Store only

9/30/2012

Mid-Autumn Festival

The Mid-Autumn Moon Festival falls on the 15th day of the eighth moon of the Chinese lunar calendar. This year, the festival will take place on Sunday, Sep 30th. It is one of the most charming and picturesque nights of the calendar when the moon is large and full.

The Festival celebrates the harvest of the year, similar to Thanksgiving Day. It is also a time for families getting together to enjoy a festive full dinner, to eat moon cakes and festive fruits such as Persimmon and Pomelo, to appreciate the beautiful moon on the night of the Festival.

Traditional Mooncakes

A rich thick filling usually made from red bean or lotus seed paste and surrounded by a thin crust; may contain yolks from salted duck eggs.

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Snowy Mooncakes

Soft and chewy outer skin with green bean paste in the middle and a soft chocolate filling in the core; you can taste 3 different layers in one bite.

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metro

FOLK FESTIVAL

Thursday, September 6, 2012



Long before her acting career started to flourish, Jill Hennessy was using her voice and a guitar to make a living. CONTRIBUTED

Baring her soul

Musician at heart. Actress Jill Hennessy has always played music, even before she was acting

JEN TRAPLIN
For Metro

Though you may be most familiar with her because of major roles on TV shows like *Law & Order* and *Crossing Jordan*, Jill Hennessy is a musician at heart.

Long before her acting career started to flourish, Hennessy was using her voice and a guitar to make a living. When she was just 17 years old, the Edmonton-born Hennessy left home for Toronto to pursue a career in show business, relying on music to pay the bills.

"I went to a music store downtown, bought a couple music books and taught myself a few chords. I hooked up with these street musicians who I would sing harmonies with and I learned enough to do some rhythm guitar as backup and then I would just do it by myself," she said.

Even when her acting career took off, Hennessy always brought the music with her.

"No matter what acting job I've done, I've always brought my guitar with me. You can always find someone on a film or TV set who plays drums, bass or guitar so I always end up hooking up with all these

Showtime

- **When:** Sunday, Sept. 9 at 7:15 p.m.
- **Where:** PSAC-AFPC Stage
- **Price:** Tickets are \$30 in advance through Capital Tickets and Compact Music or \$40 at the box office.

people on whatever set I'm on and we jam."

When she became a mother, Hennessy decided it was time to tap into those emotions and start writing her own music.

"What gave me the impetus to put pen to paper was a lot of strong emotions and,

in some cases, I didn't know what to do with those emotions so I found writing to be a great form of therapy," she said.

In 2009, she released her debut album, *Ghost in My Head*, and plans to release a follow-up record in January.

Hennessy admits that writing her own material was something she had always wanted to do but had always been intimidated by the notion of baring her soul in such a personal way.

"As the writer, you choose how much of yourself you're sharing but, inevitably, even if I try to stay away from what's personal to me, it always comes out. Now it's just something that is so close to me. I can't stop! I love writing and performing."

Great Big admiration

Ottawa has always been very good to Great Big Sea

Very Canadian

"I think mostly it's that people in Ottawa, they're very capital 'C' Canadian, and they really, really love to support their own and listen to Canadian music first and watch Canadian television first and read Canadian books first, and I think that's a wonderful, wonderful thing."

Alan Doyle

those in Ottawa are never far from his mind.

"There's nowhere in Canada or in the world, really, that has been as good to Great Big Sea and its members as Ottawa," he said. "It's always been our biggest place, it's always been the place where we've been supported for the biggest for the longest, and it's a great opportunity to go there no matter what the circumstances."

What is it about Ottawa?

"I think mostly it's that people in Ottawa, they're very capital 'C' Canadian, and they really, really love to support their own and listen to Canadian music first and watch Canadian television first and read Canadian books first, and I think that's a wonderful, wonderful thing."

STEVE COLLINS



Great Big Sea will play the Ottawa Folk Festival's CUPE-SCFP Stage Saturday at 9:30 p.m. CONTRIBUTED

Don't change that channel

Boost. LP's career received a kick-start when a bank used one of her songs in a commercial



STEVE COLLINS
ottawa@metronews.ca

LP's appearance Saturday at the Ottawa Folk Festival caps an unprecedented summer of such dates for the New York singer-songwriter, who hauled her trusty ukulele to some of the biggest, including Bonnaroo, Lollapalooza, and Tokyo's Summer Sonic.

"I love the festival scenario because everyone's really down to see music and that's why they're there," she said. "They went out of their way to go to a festival and see a bunch of different bands and I think a lot of people have this spirit of discovering new music, so that's kind of awesome."

Folkfest supervisor Mark Monahan lists LP among the festival's must-sees. "She's just come out of nowhere in the last six or eight months.

Meet the artist

- **Born:** Laura Pergolizzi
- **Wrote songs for:** Rihanna, Christa Aguilera, Backstreet Boys.
- **Next:** An album with producers Isabella Summers (Florence and the Machine), Rob Cavallo (Green Day, Alanis Morissette), PJ Bianco (Metro Station, Veronicas), and Fraser T. Smith (Adele, Ellie Goulding).
- **On stage:** Saturday at 8:15 p.m., RavenLaw Stage.

Really high energy, amazing voice, great band."

But the seasoned musician didn't exactly come out of nowhere, having already enjoyed quieter success writing songs for other artists in-



LP will play the RavenLaw Stage Saturday at 8:15 p.m. CONTRIBUTED

cluding Rihanna's hit single Cheers (Drink to That).

What she calls her "overnight success of 10 years," received a considerable boost last year when Citibank used a snippet of her song Into the Wild in a commercial featuring vertigo-inducing visuals of rock climbers.

"It wasn't just my song, I don't think," LP said. "I think it was a visually stunning commercial and it had a cool theme and it was just all

these things combined."

She has no qualms about reaching new fans through the vehicle of a corporate advertisement.

"Corporations are a great thing and a bad thing in our society and one of the pluses, though, is now it's bringing some new music to people that they've never heard," she said. "Citibank's going to exist with or without me, so if they're going to use my song, go for it. Thank you, I'll take it."

Said the Whale. Remaining humble

Showtime

- **When:** Sunday at 6 p.m.
- **Where:** RavenLaw Stage
- **Price:** Tickets are \$30 in advance through Capital Tickets and Compact Music or \$40 at the box office.

Despite the extra attention gained after winning the Juno Award for new group of the year last year, Vancouver pop rockers Said the Whale remain one of the most humble Canadian bands out there.

Vocalist, guitar player and co-founder Tyler Bancroft admits the win was nice, but also somewhat strange.

"There's no sense in getting big-headed about it. It's a weird thing to be named the best new group when you're up against your friends and you think they're the best," said Bancroft, referring to fellow nominees Hollerado.

That down-to-earth view carries over into everything Said the Whale does, including building a great rapport with their fans via social media.

Bancroft says, these days, you have to be more than just a band to make it in the music biz.

"It's a very interesting thing that has happened with music where you are expected to do so much more than just make music. It's an all-encompassing thing rather than just writing a song and performing it," he said.

The band maintains an im-

pressive rapport with fans on Twitter and, with the release of its third full-length album, Little Mountain, is turning to YouTube to connect even further, releasing a video for each of the 15 songs on the album.

"YouTube has become people's go-to place to check out new music and, in most cases, bands only have videos for a couple of their songs. So, what ends up happening is people pull up some crappy, grainy version of an album cover with incorrect lyrics or whatever," Bancroft said.

"This way, we have control of the content that's there and we're presenting the songs in the way that we want them to be presented every time." JEN TRAPLIN

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New date, the same vibe



STEVE
COLLINS
ottawa@metronews.ca

For Mark Monahan, timing was everything as he pushed this year's Ottawa Folk Festival to September from August, and expanded its run to five days from four to accommodate a coveted headliner.

"The challenge is that you're trying to get certain acts that you want to headline the event, in this case Bon Iver, who was top of the list for us this year," said Monahan, Folkfest's supervisor. "They could only perform on the Monday, so we did extend it by a day."

A later date for the festival also helped beat the concert

Info and tickets

- The 2012 Ottawa Folk Festival runs Sept. 6-10 at Hog's Back Park. Single-day tickets range from \$30 to \$42 in advance, or \$40 to

\$50 at the box office. Passports for the entire festival are \$129 in advance or \$150 at the box office. Visit ottawafolk.com for details.

business's late-summer dol-drum.

"Moving the event into September actually helps in many ways because August is a very tough month in the music business," Monahan said.

"There's just not a lot of people travelling. We're sort of getting into the fall where a lot of artists are going out and playing the college circuit. They're

thinking of touring again."

The resulting lineup boasts Matt Mays, Great Big Sea, LP, Great Lake Swimmers, Yukon Blonde, Patrick Watson, and Dan Mangan, along with a few big names you might not necessarily expect at a folk festival.

"Ben Harper, Matt Good, Lindsey Buckingham, they're all doing solo acoustic shows," Monahan said. "So it's a

chance to see the artists doing something a little different."

The later dates are also intended to attract more college and university students.

"We're really looking to see a great bigger participation from the students and, obviously, going into September meant they're here instead of looking for an apartment," Monahan said.

He also helms the much larger Bluesfest, but maintains that Folkfest is its own distinct event, especially with so much free programming offered outside the fence this year.

"There is a lot more workshops, more intimate events so that people can get close to the artists," Monahan said.



Headliner Ben Harper plays the CUPE-SCFP Stage Thursday night. CONTRIBUTED

Food court. Different strokes for different folkies

The musicians rightly get most of the attention, but Ottawa Folk Festival organizers put nearly as much effort into firming up a diverse lineup of eats.

Tara Ferguson, Folkfest's vendor liaison, said each spring the festival gets three

applications for every available spot at the food court, and catering to a wide variety of tastes and diets is a priority.

"Typically, we ask vendors to provide information about their food, for example, vegan/nut-free/organic/gluten-free options, in addition to their

business and festival experience," she said.

The result — from wood-fired vegetarian pizza to locally-raised organic burgers, from pulled pork poutine to deep-fried Oreos to gluten-free cookies and fairly traded coffees — is a mix of old favourites and

new tastes. Home cooking is yet another option, as festival-goers can bring in their own soft-sided coolers to picnic with whatever they like.

Mugena's Caribbean Cuisine is a fixture at Folkfest, supplying the roti, curry and Jamaican patties at various in-

carnations of the festival going back to 1976. Fadi's Fabulous Foods is another familiar flavour at area festivals, offering up shawarmas, hotdogs, poutine and more.

New this year, Epicerie Poukham adds Thai flavours to the mix, and Doughnut De-

light offers a lineup of inventive sweets.

The food court is located outside the festival's paid admission area, along with craft vendors and three stages for free weekend programming, encouraging passersby to sample the goods. STEVE COLLINS

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MLB

Doping ban for pitcher on Jays' farm

Another minor-league pitcher in the Toronto Blue Jays' system has been suspended for doping.

The Office of the Commissioner of Baseball announced Wednesday that right-handed pitcher Jose Brito has been suspended

for 50 games without pay after testing positive for Stanozolol, an anabolic steroid. Brito is on the roster of the Dominican Summer League Blue Jays.

The ban comes a week after Blue Jays pitching prospect Marcus Stroman was suspended 50 games without pay after testing positive for the performance-enhancing drug Methylhexanamine.

THE CANADIAN PRESS

Mixed martial arts

St-Pierre, Silva super-fight 'pretty close,' says White

UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middle-weight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title-holder, later this year.

THE CANADIAN PRESS

NFL



"You're not trying to get autographs from them, you're trying to win a game."

Rookie QB Andrew Luck on facing pro bowlers Julius Peppers and Brian Urlacher when his Indianapolis Colts take on the Chicago Bears this Sunday.

Sharapova rallies to secure spot in final four at U.S. Open



Maria Sharapova celebrates her victory over Marion Bartoli in the U.S. Open quarter-finals in New York on Wednesday. DARRON CUMMINGS/THE ASSOCIATED PRESS

Tennis. Third-seeded Russian 'really another player' after returning from rain delay

Maria Sharapova came from behind after a rain delay for the second straight match, advancing to the U.S. Open semifinals with a three-set victory over Marion Bartoli on Wednesday.

The four-time Grand Slam champion won 3-6, 6-3, 6-4, a day after the quarter-final started.

Sharapova had trailed 4-0 when rain halted play. After more wet weather delayed the restart, she couldn't erase the deficit in the first set but gritted out the win to improve to 12-0 in three-set matches this year.

"It's a great statistic. It shows that I enjoy the battle no matter what the score is," she said. "The third set, it's the last set out there, and there's no reason why you shouldn't put everything out there."

Once they returned to the court Wednesday, Bartoli said, "it was a totally different match."

"The first time when we start maybe Maria was a bit slower on her footwork," she said. "She wasn't serving that well. Obviously coming out

Quoted

"I've never been so close to beating her. I really felt like I'm on the right path."

Marion Bartoli, who had never won a set against Maria Sharapova in four previous meetings before the 2012 U.S. Open.

again today she was really another player."

But the 11th-seeded Bartoli, in the U.S. Open quarter-finals for the first time, wasn't about to complain about her bad luck. "I wish I had the power over the sky and say, 'No, please, don't rain,'" she joked.

In the fourth round Sunday, the third-seeded Russian was down a break in the third set to Nadia Petrova before rallying after an hour-long break. She will face top-ranked Victoria Azarenka, who finished her match Tuesday.

Sharapova broke Bartoli's serve at 4-4 in the decisive set to put herself in position to serve out the match. The Frenchwoman saved two break points and earned a game point, but Sharapova pressured her into three straight mistakes to go up 5-4.

Sharapova's 10th ace gave her match point.

THE ASSOCIATED PRESS

Men's action

Roddick waves goodbye to pro tennis

Chants of "Let's go, Andy!" rang out between points during the last service game of his career, and again before the start of what would wind up as the last return game.

A fan favourite at the U.S. Open, and the 2003 champion, Andy Roddick headed into retirement with a 6-7 (1), 7-6 (4), 6-2, 6-4 loss to Juan Martin del Potro in the fourth round at Flushing Meadows on Wednesday. THE ASSOCIATED PRESS



Andy Roddick GETTY IMAGES

Mobile sports



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Sens sign centre Smith to four-year extension

NHL. Ottawa GM Murray locks up 24-year-old less than a week after striking deal with Turris

The Ottawa Senators have locked up another young forward after signing centre Zack Smith to a \$7.55-million US, four-year extension on Wednesday.

The 24-year-old is coming off a career-best season that saw him score 14 goals and 26 points in 81 games. His game also includes some edge, as evidenced by 98 penalty minutes.

Smith is now under contract to Ottawa through the 2016-17 season.

"It allows us to have another good young player to build around," said Senators GM Bryan Murray.

Quoted



"It's hard to find good young NHL players and when you get them, you want to make sure you have them for term if at all possible."

Senators GM Bryan Murray.

A third-round pick in 2008, Smith has appeared in 152 career games for the Senators. He also helped the organization's American Hockey League team in Binghamton win the Calder Cup in 2011.

The signing comes less than a week after centre Kyle Turris signed a five-year extension of his own with Ottawa for \$17.5 million.

THE CANADIAN PRESS



Centre Zack Smith signed a four-year extension with the Senators on Wednesday. AL BELLO/GETTY IMAGES FILE



The Great One returns to the ice in Russia

Wayne Gretzky, top, reaches for the puck during a legends of hockey game in St. Petersburg, Russia, on Wednesday. Gretzky has joined a group of former hockey stars in Russia this week to commemorate the 40th anniversary of the 1972 Summit Series. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Paralympics. Montreal swimmer Huot completes medal hat trick in London

Michelle Stilwell was a slip of the hand away from repeating as a double gold medalist at the Paralympic Games.

The wheelchair sprinter from Nanose Bay, B.C., took silver in the T52 100 metres Wednesday after winning the 200 metres earlier in London.

"Unfortunately I don't get to hear O Canada and sing it as loud as I did the other day," Stilwell said.

Hers was one of four silver, one bronze, but no gold by Canadian athletes on Wednesday.

Wheelchair racer Brent Lakatos of Dorval, Que., was second in the T53 800 metres for his second silver at the track.

Benoit Huot of Montreal claimed silver in the S10

Quoted

"I gave it everything I have and silver is nothing to be disappointed about."

Michelle Stilwell



400-metre freestyle to complete his set of gold, silver and bronze so far at the pool. Montreal's Aurelie Rivard also won silver in the women's 400 freestyle.

Canada's cycling team also won its first medal of the Games with Marie-Claude Molnar of Lemoyne, Que., taking bronze in the women's C4 road

race.

Stilwell was the gold medalist in both the 100 and 200 metres in Beijing. Her T52 classification is for quadriplegic racers.

Her left hand slipped on her opening stroke of the 100. Belgium's Marieke Vervoort took advantage of the mistake and held the Canadian off for gold.

Lakatos couldn't catch Richard Colman of Australia in the men's T53 800 metres.

Huot now has a swimming medal of each metal in London. Born with club feet, he races in a classification of minimal physical impairment.

Rivard, 16, was second to Elodie Lorandie of France, who won gold in 4:34.55.

THE CANADIAN PRESS

Paralympics

Former F1 driver wins gold medal

Alex Zanardi just loves to race. What he really likes to do is win.

The former Formula One driver took Paralympic gold Wednesday in paracycling — a hand cycle powered by the arms.

The victory capped an incredible journey for the 45-year-old who almost died in a horrific accident at a 2001 CART race in Germany.

"It's an amazing feeling," a clearly exuberant Zanardi said. "I'm really, really happy for the result."

Zanardi, a two-time CART champion, was involved in a crash that severed his right leg at the knee and his left at the thigh. THE ASSOCIATED PRESS



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MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Baltimore	76	59	.563	—
New York	76	59	.563	—
Tampa Bay	75	61	.551	1½
Boston	63	74	.460	14
Toronto	60	75	.444	16

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	74	62	.544	—
Detroit	72	63	.533	1½
Kansas City	61	74	.452	12½
Cleveland	58	78	.426	16
Minnesota	56	81	.409	18½

WEST DIVISION				
	W	L	Pct	GB
Texas	80	55	.593	—
Oakland	76	60	.559	4½
Los Angeles	74	63	.540	7
Seattle	66	71	.482	15

Wednesday's results
Chicago White Sox 6 Minnesota 2
L.A. Angels 7 Oakland 1
Baltimore at Toronto
Cleveland at Detroit
N.Y. Yankees at Tampa Bay
Texas at Kansas City
Boston at Seattle

Tuesday's results
Baltimore 12, Toronto 0
Boston 4, Seattle 3
Cleveland 3, Detroit 2
Kansas City 6, Texas 3
L.A. Angels 6, Oakland 1
Minnesota 18, Chicago White Sox 9
Tampa Bay 5, N.Y. Yankees 2

Thursday's games — All Times Eastern
N.Y. Yankees (Pheps 3-4) at Baltimore (Hammel 8-6), 7:05 p.m.
Texas (Feldman 6-11) at Kansas City (Hochevar 7-13), 8:10 p.m.

Friday's games
N.Y. Yankees at Baltimore, 7:05 p.m.
Texas at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Cleveland at Minnesota, 8:10 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.
Detroit at L.A. Angels, 10:05 p.m.
Oakland at Seattle, 10:10 p.m.

AUTO RACING

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ITALIAN GRAND PRIX

Site: Monza, Italy.

Schedule: Friday, practice (Speed, 8-9:30 a.m.), Saturday, practice, qualifying (Speed, 8-9:30 a.m.); Sunday, race, 8 a.m. (Speed, 7:30-10 a.m.).

Track: Autodromo Nazionale di Monza (road course, 3.6 miles).

Race distance: 190.8 miles, 53 laps.

Next race: Singapore Grand Prix, Sept. 23, Marina Bay Street Circuit, Singapore.

Online: <http://www.formula1.com>

NASCAR SPRINT CUP

FEDERATED AUTO PARTS 400

Site: Richmond, Va.

Schedule: Friday, practice (ESPN2, noon-3:30 p.m.), qualifying (ESPN2, 5:30-7 p.m.); Saturday, race, 7:30 p.m. (ABC, 7-11 p.m.).

Track: Richmond International Raceway (oval, 0.75 miles).

Race distance: 300 miles, 400 laps.

Next race: Geico 400, Sept. 16, Chicagoland Speedway, Joliet, Ill.

Online: <http://www.nascar.com>

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	83	52	.615	—
Atlanta	76	60	.559	7½
Philadelphia	66	71	.482	18
New York	65	72	.474	19
Miami	60	76	.441	23½

CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	83	55	.601	—
St. Louis	74	63	.540	8½
Pittsburgh	71	64	.526	10½
Milwaukee	66	69	.489	15½
Chicago	51	84	.378	30½
Houston	42	94	.309	40

WEST DIVISION				
	W	L	Pct	GB
San Francisco	77	59	.566	—
Los Angeles	73	64	.533	4½
Arizona	67	70	.489	10½
San Diego	63	74	.460	14½
Colorado	56	78	.418	20

Wednesday's results
N.Y. Mets 6 St. Louis 2
Philadelphia 6 Cincinnati 2
Chicago Cubs at Washington
Houston at Pittsburgh
Colorado at Atlanta
Milwaukee at Miami
San Diego at L.A. Dodgers
Arizona at San Francisco

Thursday's results
Arizona 8 San Francisco 6 (11 inn.)
Cincinnati 2 Philadelphia 1
Colorado 6 Atlanta 0
Milwaukee 8 Miami 4
Pittsburgh 6 Houston 2
San Diego 6 L.A. Dodgers 3 (11 inn.)
St. Louis 5 N.Y. Mets 1
Washington 11 Chicago Cubs 5

Thursday's games — All Times Eastern
Colorado (Chacin 2-4) at Atlanta (T.Hudson 13-5), 12:10 p.m.
Milwaukee (Estrada 2-5) at Miami (Jo.Johnson 7-11), 12:40 p.m.
Chicago Cubs (Germano 2-5) at Washington (Zimmermann 9-8), 7:05 p.m.

Friday's games
Chicago Cubs at Pittsburgh, 7:05 p.m.
Colorado at Philadelphia, 7:05 p.m.
Miami at Washington, 7:05 p.m.
Atlanta at N.Y. Mets, 7:10 p.m.
Houston at Cincinnati, 7:10 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Arizona at San Diego, 10:05 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	113	463	108	154	.333
McCabe, Det	134	521	88	172	.330
DavMurphy, Tex	121	365	55	117	.321
Beltré, Tex	131	511	79	162	.317
Mauer, Minn	126	467	71	148	.317
Jeter, NYY	133	566	84	179	.316
Feldner, Det	135	487	71	152	.312
Butler, KC	134	508	59	157	.309
Konrko, ChiW	119	443	55	136	.307
TorHunter, LAA	115	437	69	133	.304

NL LEADERS

	G	AB	R	H	Avg.
AMCutchen, Pgh	130	496	92	172	.347
McCabe, SF	113	459	84	159	.346
Possey, SF	123	442	62	144	.326
Y Molina, StL	115	426	53	138	.324
DWright, NYM	132	489	79	153	.313
Gonzalez, Col	120	474	85	148	.312
Braun, Mil	127	494	90	154	.312
Fowler, Col	123	399	69	123	.308
Holliday, StL	133	515	85	157	.305
AHill, Ariz	132	507	74	153	.302

Not including Wednesday's games

LATE TUESDAY

ORIOLES 12, BLUE JAYS 0

	ab	r	h	bi		ab	r	h	bi
Baltimore	5	2	3	1	Toronto	3	0	1	0
Markis rf	5	2	3	1	RDavis lf	3	0	1	0
Ford pr-1b	0	0	0	0	Goseph lf	1	0	0	0
Hardy ss	5	0	2	1	Rasmussen cf	4	0	0	0
STilson ss	0	0	0	0	Encmc dh	3	0	0	0
McLoth lf-cf	4	0	1	2	Und lb	3	0	0	0
AdJons cf	5	2	2	0	Toreall ph	1	0	0	0
Avery lf	0	0	0	0	YEscors ss	4	0	1	0
Wieters c	4	1	1	0	KJensen 2b	3	0	0	0
Tegrdn ph-c	1	0	0	0	Sierra rf	3	0	1	0
C.Davis dh	4	3	3	1	Mathis c	3	0	0	0
MrRynl lb	4	2	3	4	Hchwyr 3b	3	0	1	0
BeJent ph-1b	1	0	0	0					
Machd 3b	5	2	3	1					
Andino 2b	4	0	0	1					
Flaherty 2b	0	0	0	0					

Totals 42 12 18 11 Totals 31 0 4 0

Baltimore 000 031 350-12

Toronto 000 000 000-0

E—Beck (1), DP—Toronto 2, LOB—Baltimore 6, Toronto 6. 2B—Markakis 2 (28), Hardy (26), Ad.Jones (31), C.Davis (16), Machado (4), Sierra (3), HR—Mar.Reynolds (17), SF—McLouth, Andino.

	IP	H	R	ER	BB	SO
Baltimore	7	4	0	0	2	8
Britton W-5-1	1	0	0	0	0	1
Gregg	1	0	0	0	0	1
Z.Philips	1	0	0	0	0	1
Toronto						
Villanueva L, 7-5	6-2	3	7	6	6	1
Loup	1-3	5	4	4	0	0
Beck	1	4	2	2	0	0
Lyon	1	2	0	0	0	0

Loup pitched to 3 batters in the 8th.
Balk—Loup.
Umpires—Home, Laz Diaz; First, Tim Welke; Second, Paul Schrieber; Third, Mike Everitt.
T—2:48. A—13,556 (49,260) at Toronto.

RED SOX 4, MARINERS 3

	ab	r	h	bi		ab	r	h	bi
Boston	4	0	1	0	Seattle	5	1	2	0
Pedrick lf	4	0	1	0	Ackley 2b	5	1	2	0
McGinnz ph	1	0	0	0	Gutierrez cf	2	1	1	1
Kalish lf	0	0	0	0	Thams rf	2	0	1	0
Pedrick lf	4	1	2	0	Seager 3b	5	1	2	1
Elisurf cf	4	1	1	0	JMont dh	4	0	3	1
C.Ross rf	4	1	1	3	Smack 1b	4	0	1	0
Loney 1b	4	0	2	0	Olivo c	3	0	0	0
Stillich dh	4	0	0	0	Jaso ph-c	0	0	0	0
Lumwy dh	4	1	1	1	TRomson lf	4	0	1	0
Ciriaco 3b	4	0	1	0	C.Wells rf-cf	2	0	0	0
Iglesias ss	3	0	1	0	Carp ph	1	0	0	0
Figgins cf	0	0	0	0					
Ryan ss	3	0	1	0					
LJimnz ph	1	0	0	0					

Totals 36 4 10 4 Totals 36 3 12 3

Boston 000 004 000-4

Seattle 102 000 000-3

E—Saltalamacchia (7), DP—Boston 2, LOB—Boston 8, Seattle 9. 2B—Loney (1), Iglesias (1), 3B—Thames (3), HR—C.Ross (20), Lavarnway (1), Gutierrez (3), Seager (16), SB—Podsednik (8), Pedraia (15), Ackley (13), C.Wells (3), Ryan (10), CS—T.Robinson (3), S—Iglesias.

	IP	H	R	ER	BB	SO
Boston	6	9	3	3	2	4
Lester W-9-11	1-3	2	0	0	0	1
Breslow H-3	2-3	0	0	0	0	0
Tazawa H-1	1	0	0	0	0	1
Padilla H-2-3	1	1	0	0	0	0
A.Bailey S-2-3	1	1	0	0	0	0
Seattle						
Beavan L-9-9	5-2	8	4	4	0	1
C.Capps	11-3	1	0	0	1	2
Luetteg	2-3	0	0	0	0	0
Kelley	2-3	1	0	0	0	0
O.Perez	2-3	0	0	0	1	1

Umpires—Home, Tim Timmons; First, Vic Carapazza; Second, Eric Cooper; Third, Jeff Kellogg.

T—3:27. A—12,754 (47,860) at Seattle.

CFL

WEEK 11

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	9	6	3	0	263	267	12		
Toronto	9	5	4	0	210	222	10		
Hamilton	9	3	6	0	266	294	6		
Winnipeg	9	2	7	0	176	296	4		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	9	6	3	0	227	171	12		
Edmonton	9	5	4	0	221	185	10		
Calgary	9	5	4	0	248	236	10		
Saskatchewan	9	4	5	0	242	182	8		

Friday's game
All Times Eastern
Calgary at Edmonton, 9 p.m.

Saturday's games
Hamilton at Toronto, 1 p.m.
Montreal at B.C., 4 p.m.

Sunday's game
Saskatchewan at Winnipeg, 1 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
WhYTE, Mtl	0	27	19	5	89
McCallum, BC	0	23	2	4	87
Shaw, Edm	0	20	19	5	82
Congli, Ham	0	26	16	2	76
Palardy, Wpg	0	13	19	3	73
Paredes, Cal	0	23	16	0	71
C.Williams, Ham	11	0	0	0	66
Waters, Tor	0	9	16	2	59
Milo, Sask	0	16	11	8	57
Whitaker, Mtl	8	0	0	0	48
x-Lewis, Cal	7	2	0	0	44
Walker, Ham	7	0	0	0	42
Prefontaine, Tor	0	5	10	3	37
Dressler, Sask	6	0	0	0	36
Second, Paul Schrieber; Third, Mike Everitt.	6	0	0	0	36
T—2:48. A—13,556 (49,260) at Toronto.	6	0	0	0	36
DeAngelis, Sask	0	8	9	0	35
x-Matthews, Wpg	5	2	0	0	32
Charles, Edm	5	0	0	0	30
Cornish, Cal	5	0	0	0	30
Boyd, Tor-Edm	4	0	0	0	24
Bruck, Wpg	4	0	0	0	24
Bruce, BC	4	0	0	0	24
Lavoie, Mtl	4	0	0	0	24
Mitchell, Cal	4	0	0	0	24
Owens, Tor	4	0	0	0	24
Anderson, Mtl	3	0	0	0	18
Bratton, Mtl	3	0	0	0	18
Burnett, Edm	3	0	0	0	18
S.Green, Mtl	3	0	0	0	18
Koch, Edm	3	0	0	0	18
Imman, Tor	3	0	0	0	18
O.Jones, Ham	3	0	0	0	18
Joseph, Edm	3	0	0	0	18
Lulay, BC	3	0	0	0	18

NFL

REGULAR SEASON

Wednesday's result
Dallas at N.Y. Giants

Sunday's games — All Times Eastern
Indianapolis at Chicago, 1 p.m.
Jacksonville at Minnesota, 1 p.m.
Miami at Houston, 1 p.m.
New England at Tennessee, 1 p.m.
Washington at New Orleans, 1 p.m.
Atlanta at Kansas City, 1 p.m.
Buffalo at N.Y. Jets, 1 p.m.
St. Louis at Detroit, 1 p.m.
Philadelphia at Cleveland, 1 p.m.
Seattle at Arizona, 4:25 p.m.
San Francisco at Green Bay, 4:25 p.m.
Carolina at Tampa Bay, 4:25 p.m.
Pittsburgh at Denver, 8:20 p.m.

Monday, Sept. 10
Cincinnati at Baltimore, 7 p.m.
San Diego at Oakland, 10:15 p.m.

TENNIS

Subban: 'You just don't want to see the fans get hurt'



P.K. Subban's entry-level contract expired at the end of last season. He currently is without a contract with a lockout looming. ABE/IMAGES/GETTY IMAGES FILE

After a summer of uncertainty, P.K. Subban is more concerned about the fans than himself.

The 23-year-old defenceman remains without a contract from the Montreal Canadiens and could be one of 750 players locked out by the NHL next week, but his worries run deeper than that when he surveys the league's current labour climate.

"Obviously, it's an unfortunate situation," Subban said Wednesday. "Nobody wants to see (a lockout). I think at this point you're more concerned about the fans and making sure that the fans don't get hurt because ultimately those are the people that support

Giving back

Even with the start of the season up in the air, Subban is managing to keep busy.

- This week he helped launch Hyundai Hockey Helpers, a new program that will provide 1,000 needy children with grants of up to \$500 to

help pay for hockey equipment and registration fees.

- The son of a Jamaican immigrant, Subban relied on hand-me-down equipment as a young boy and can identify with the struggles faced by many families.

us.

"I think that that's the only downer about it, is just you don't want to see the fans get hurt."

In recent weeks, commissioner Gary Bettman has said he shares the fans' desire of

not wanting to see another work stoppage. He also credited the paying customers for helping the league rebound so strongly from the 2004-05 lockout.

"We recovered well last time because we have

the world's greatest fans," Bettman said last month.

Subban admits that it's been a little unusual preparing for a training camp that might not open as expected on Sept. 21. However, he expressed confidence in NHLPA executive director Donald Fehr — "he's one of the smartest people in North America," said Subban — and believes there's a deal to be made.

"As far as players go, all we know is playing hockey," said Subban. "That's what's gotten us to the NHL. We want to see a game on the ice, we just hope that the owners and our association can come to a fair agreement sooner than later."

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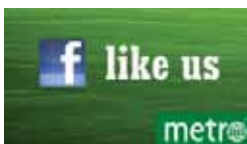
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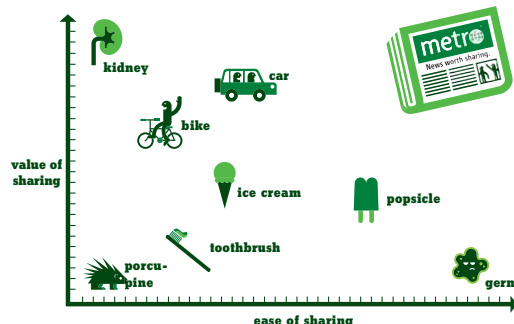
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Horoscopes

Aries

March 21 - April 20

It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

Taurus

April 21 - May 21

Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

Gemini

May 22 - June 21

People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

Cancer

June 22 - July 23

You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

Leo

July 24 - Aug. 23

Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

Virgo

Aug. 24 - Sept. 23

By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

Libra

Sept. 24 - Oct. 23

You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

Scorpio

Oct. 24 - Nov. 22

Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

Sagittarius

Nov. 23 - Dec. 21

This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

Capricorn

Dec. 22 - Jan. 20

If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

Aquarius

Jan. 21 - Feb. 19

Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

Pisces

Feb. 20 - March 20

Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

Crossword: A PM, Distance, and Two Flora

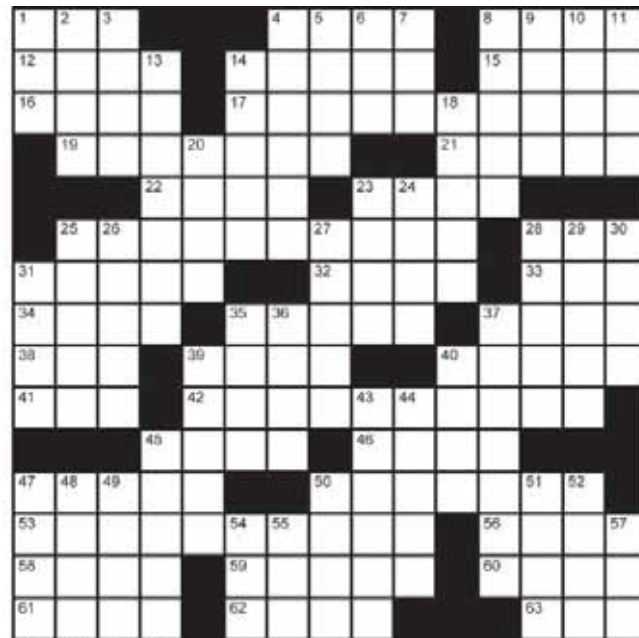
Across

- Big ____: large truck
- Drink in one gulp
- Apple attachment
- "____ I care" (2 wds.)
- Scarlett ____
- Skin opening
- Lima's land
- 21st PM (2003-2006) (2 wds.)
- Author of a mournful poem lamenting the dead
- Vancouver CFL Team
- Boor
- Ship's jail
- Trans-Canada Highway distances
- "I ____ You, Babe": Sonny and Cher hit
- Hereditary units
- Chair or bench
- "Mais, ____!"
- Praise
- Pick ____: draw from the deck (magician's instruction) (2 wds)
- Either point of a crescent moon
- Corn, form, or cycle prefix
- At some distance
- Hudson's Bay Company's early stock
- Ancient Egyptian boy king
- Prominent Prairie Provinces feature
- Long, long time
- "____ That a Shame"
- "I Can't ____ Satisfaction": Rolling Stones (2 wds.)
- Neither animal nor vegetable

- BC's wooded tropical region (2 wds.)
- Grandson of Adam who reputedly lived to 905
- ____ of Man or Capri
- Leonard ____: *Star Trek* Spock portrayer
- Comedy sketch
- Head: Fr.
- Black
- Donkey

Down

- Eminem's forte
- "Understood!" (2 wds.)
- Young female
- Pure and virtuous
- High: Fr.
- http://www.metronews.ca, e.g.
- Attractive leg, slangily
- Bit of mistletoe or holly
- Dorothy's dog
- ____ go brag
- ____ room: loo
- Gassed up
- Drug from poppies
- Like top-name celebrities (2 wds.)
- Sticky substances
- Uncle Remus character ____ Rabbit
- Peruse
- Canadian star Reeves
- Yukon natives
- Bygone Russian despots
- Elliott of *Ocean's 11*, 12, 13
- Boots from office



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- Restaurant table leavings
- Surfeit
- Bushy hairdo
- The Godfather* actor James
- Shopping ____: malls
- ____ Aquarius, Innocence, or Reason (2 wds.)
- Window unit
- Printemps, par

- example
- Covered with tiny cloth fibers
- Year: Fr.
- Canadian Liberal
- Let up on
- Full ____: at top speed
- Short note
- Ottawa-born singer-composer Paul
- ____ & Clark: American

- television series based on the Superman comic books
- Single
- Adam's ____: Eve's "source"
- Yonge in Toronto and Main in Winnipeg: abbr.

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	1	5	3	9	6	8	2	7
3	7	6	2	1	8	5	9	4
9	8	2	7	5	4	6	3	1
1	8	3	5	4	7	2	6	9
8	9	4	1	2	3	7	5	6
5	2	7	8	6	9	4	1	3
6	5	6	9	7	1	3	4	2
2	4	9	6	3	5	1	7	8
7	3	1	4	8	2	9	6	5

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28°/14°
Thundershowers
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She was born in Chihuahua, Chihuahua, Mexico and is the sister of our very first retail employee, Spring. She began working for the company at a retail store in Minneapolis, Minnesota, and is currently working as an auditor for our stores in Europe. She is fascinated by astronomy, and her interests include text messaging loved ones as well as any works by famed astronomer, Carl Sagan. She's wearing the Striped Chiffon Oversized Button-Up and Petite High-Waist Jeans.

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